

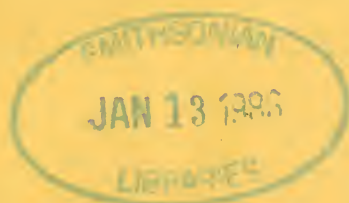


WARSHAW COLLECTION

Specializing in the Lore of American Business
Industry and the Professions.

ALBANY, N. Y.

CLASS.....NO.....



HALL'S JOURNAL OF HEALTH.

Vol. 9.

JANUARY, 1862.

No. 1.

HEALTH TRACTS.

THE January and February numbers contain sixty-two one-page Health Tracts. The number of the tract answers to the number of the page. January contains from No. 1 to 31, both included; February has No. 32 to No. 62, both included, both for 25 cents.

	Tract		Tract
Air and Sunshine,	51	Growing Beautiful,	15
Apples,	59	Hair, the Care of,	18
Burns and Bites,	27, 23	Headache,	41, 62
Baths and Bathing,	30	Health without Medicine,	20
Colds Cured,	27, 3	Healthful Observances,	38
Colds Neglected,	27, 29	Health's Three Essentials, 19, 42	
Colds Prevented,	31	Hydrophobia,	49
Corns and Shoes,	14	Inconsiderations,	1
Consumption and Measles, 11, 16		Ice, its Uses,	9
Coffee Drinking,	46	Music Healthful,	7
Catarrh,	52	Medicine, Taking,	60
Checking Perspiration,	58	Nothing but a Cold,	36
Costiveness,	22	Neuralgia,	44
Drunkenness and Dyspepsia, 8		Nursing Hints,	57
Dyspepsia,	33	Precautions,	37
Disease, Causes of,	4	Presence of Mind,	39
Disease Avoided,	28	Premonitions,	43
Drinking,	35	Private Things,	45
Diet for Invalids,	54	Poisons,	23, 27, 55
Erect Position,	11	Rheumatism,	50
Eating,	26	Sitting,	13
Eating Wisely,	32	Sabbath Physiology,	17
Eat, How to,	34	Sour Stomach,	24
Eating, When and What,	40	Sleeping,	25
Eyes, Care of,	5, 15	Sick-Headache,	62, 41
Eyesight Failing,	61	Traveling Hints,	6
Erysipelas,	56	The Three Ps,	47
Fruits in Summer,	2	Winter Rules,	10
Flannel, Wearing,	19	Walking,	12
Feet, Care of,	14, 21	Warnings,	48
Fifteen Follies,	53	Valuable Knowledge,	27

HEALTH TRACT, No. 1.

INCONSIDERATIONS.

It is inconsiderate to eat when you don't feel like it. Sleepless nature calls for food when it is needed.

It is inconsiderate to eat to "make it even," to swallow a thing, not because you want it, but because you do not want it wasted by being left on the plate, and thrown into a slop-tub; but then it would have gone to fattening the pigs or feeding the cows, whereas it goes into your stomach when not needed, only to gorge and oppress and sicken.

It is inconsiderate to enter a public vehicle, and open a window or door without the express permission of each of the several persons nearest.

It is inconsiderate to ask persons nearest to a window or door of a public conveyance to open the same, for you thereby tax their courtesy to grant a request for your gratification, at the expense of their own preferences, and thus show yourself to have the selfishness of a little mind, and the manners of a boor; for you have no claim on the self-denial of a stranger, nor should you put such to the risk of injury to health for your mere gratification. The most that can happen from a too close vehicle is a fainting fit, which kills nobody, and which would rectify itself in five minutes if simply let alone; but an open window in a conveyance has originated pleurisies, inflammation of the lungs, sore throat, colds, peritonital inflammations, and the like, which have hurried multitudes from health to the grave within a week. The openness of a travelling conveyance has killed a hundred, where closeness has killed one.

It is inconsiderate to be waked up in the morning as a habit; it is an interference with nature, whose unerring instinct apportions the amount of sleep to the needs of the body, nor will she allow that habitual interference with impunity, under any circumstances.

It is inconsiderate to crowd the doors or vestibules of public assemblies, whether of worship or of pleasure; they are for purposes of ingress or egress, and to stand in them, to lounge or gaze about, to the incommoding of a dozen or more persons, within any five minutes, is not only impolite, but it is impertinent.

It is inconsiderate in passing out of a public assembly to stop an instant for purposes of salutation or conversation, to the detention of a dozen, or a hundred, or a thousand who are behind you.

It is inconsiderate to keep a caller waiting in a cold or dark or cheerless parlor for two, ten, or twenty minutes, to his risk of health or loss of time, merely for the purpose of showing a style of dress or personal adornment not habitual, or of making an impression of some kind foreign to the facts of the case.

It is inconsiderate to take a medicine, simply because it had cured some one else who had an ailment similar to your own. Of two donkeys on the verge of utter exhaustion and prostration, the one laden with salt was greatly refreshed, and had his burden largely lightened by swimming a river; the other with a sack of wool by the same operation doubled the weight of his load, and perished.

HEALTH TRACT, No. 2.

SUMMER FRUITS.

PHYSIOLOGICAL research has fully established the fact that acids promote the separation of the bile from the blood, which is then passed from the system, thus preventing fevers, the prevailing diseases of summer. All fevers are "bilious," that is, the bile is in the blood. Whatever is antagonistic of fever is cooling. It is a common saying that fruits are "cooling," and also berries of every description; it is because the acidity which they contain aids in separating the bile from the blood, that is, aids in purifying the blood. Hence the great yearning for greens and lettuce and salads in the early spring, these being eaten with vinegar; hence also the taste for something sour, for lemonades, on an attack of fever.

But this being the case, it is easy to see, that we nullify the good effects of fruits and berries, in proportion as we eat them with sugar, or even sweet milk or cream. If we eat them in their natural state, fresh, ripe, perfect, it is almost impossible to eat too many, to eat enough to hurt us, especially if we eat them alone, not taking any liquid with them whatever. Hence also is buttermilk, or even common sour milk promotive of health in summer time. Sweet milk tends to biliousness in sedentary people; sour milk is antagonistic. The Greeks and Turks are passionately fond of sour milk. The shepherds use rennet, and the milk-dealers alum to make it sour the sooner. Buttermilk acts like watermelons on the system.

THE DIFFERENCE.

WHEN a simpleton wants to get well, he buys something "to take;" a philosopher gets something "to do;" and it is owing to the circumstance, that the latter has been in a minority almost undistinguishable in all nations and ages, that doctors are princes, instead of paupers; live like gentlemen, instead of cracking rocks for the turnpike.

POISONOUS BITES.

DURING the increased travel of summer, the bites from insects and reptiles of various kinds are of frequent occurrence. Persons of healthful blood are bitten with impunity sometimes, while those in feeble health suffer distressing, and sometimes fatal, consequences.

Almost all poisonous bites arise from the acidity of the virus; it then follows that an alkali is the best antidote, because an alkali and an acid are as much opposed to each other as light and darkness, as sweet and sour. And as expedition is sometimes the life of a man, it is of considerable practical importance to know what is the most universally available remedy. A handful of the fresh ashes of wood is the most generally accessible; pour on enough water, hot is best, to cover it, stir it quickly, and either apply the fluid part, that is the ley, with a rag or sponge, or have less water, and apply a poultice made of simple water and fresh wood-ashes. Renew the poultice every half-hour until the hurting is entirely removed. As to minor insects, the relief is almost instantaneous. The next most convenient remedy is common spirits of hartshorn, a small vial of which should be in every family, and in every traveller's trunk or carpet-bag, in summer-time at least. Saleratus, dampened and applied to the wound or stung place, is not as powerful as hartshorn. It failed recently to cure the sting of a bee, the gentleman dying in convulsions within an hour after he was stung; this arose from some peculiarity of constitution, and "Idiosyncrasy," as physicians term it.

HEALTH TRACT, No. 3.

HOW TO CURE A COLD.

THE moment a man is satisfied he has taken cold, let him do three things :

First, eat nothing ; second, go to bed, cover up warm in a warm room ; third, drink as much cold water as he can, or as he wants, or as much hot herb-tea as he can ; and in three cases out of four he will be almost well in thirty-six hours.

If he does nothing for his cold for forty-eight hours after the cough commences, there is nothing that he can swallow that will, by any possibility, arrest the cold, for, with such a start, it will run its course of about a fortnight in spite of all that can be done, and what is swallowed in the mean time in the way of food, is a hindrance and not good.

“Feed a cold and starve a fever” is a mischievous fallacy. A cold always brings a fever ; the cold never beginning to get well until the fever subsides ; but every mouthful swallowed is that much to feed the fever ; and but for the fact that as soon as a cold is fairly started, nature, in a kind of desperation, steps in and takes away the appetite, the commonest cold would be followed by very serious results, and in frail people would be always fatal.

These things being so, the very fact of waiting forty-eight hours gives time for the cold to fix itself in the system ; for a cold does not usually cause cough until a day or two has passed, and then waiting two days longer gives it the fullest chance to do its work before any thing at all is done.

Intelligent druggists know that all medicines sold for coughs, colds, consumption, and tickling in the throat, contain opium in some form or other. They repress the cough but do not eradicate it ; hence the first purchase paves the way for a second or a third ; meanwhile, as it is the essential nature of opium to close up, to constrict, to deaden the sensibilities, the bowels do not feel the presence of their contents calling for a discharge, and constipation is induced and becomes the immediate cause of three fourths of all ordinary ailments, such as headache, neuralgia, dyspepsia, and piles.

Warmth and abstinence are safe and certain cures when applied early. Warmth keeps the pores of the skin open, and relieves it of the surplus which oppresses it ; while abstinence cuts off the supply of material for phlegm, which would otherwise have to be coughed up.

HEALTH TRACT, No. 4.

NINE NEVERS.

NEVER write a letter or a line in a passion.

Never spit or blow your nose on the sidewalk.

Never find a fault until you are as sure as you are of your existence that a fault has been committed.

Never say what you would do under any given circumstances.

Never disparage another by name in a letter.

Never get in a rage.

Never utter a syllable in a passion.

Never refuse to pay a debt when you have the money in your pocket.

Never take physic until you have tried patience.

CAUSES OF DISEASE.

THE complaints of people are in a measure innumerable; every now and then a peculiarity of ailment is presented which is not recorded in any book extant; just as new questions of law are constantly arising. But while the effects of disease are so numerous, the causes of them may be reduced down so low as to be all told in the number five:

First—Poisons.

Second—Improper eating.

Third—Variations of atmosphere.

Fourth—Occupations.

Fifth—Hereditary tendencies; which last, indeed, is a modification of the first.

Of the four, by far the most frequent causes of disease are found in the food we eat, and in the air we breathe, the rectification of both of which is within our own power; requiring only a moderate amount of intelligence, but a large share of moral power, that is, a resolute self-denial. It thus follows, that death, short of old age, is chargeable to man himself; that in an important sense, the great mass of those who die short of threescore years and ten, are the authors of their own destruction. And each should inquire, "To what extent am I chargeable with my own ailments?"

BURYING ALIVE.

"TIS WELL," were the last recorded words of the great Washington, uttered in reference to his burial.

"Do not let my body be put into the vault in less than three days after I am dead," and, looking earnestly into his secretary's face, he continued, "Do you understand me?" "Yes," said Mr. Lear. "Tis well," replied Washington, and spoke no more.

The great Dr. Physic left an injunction that a blood-vessel should be severed before he was buried, in order to make it certain that he was dead.

The marvellous stories put in circulation by the credulous, in reference to the turning of bodies, and the tearing of the grave-clothes in the fearful struggle for breath, are without any rational foundation. If a hot iron raises no blister on the skin, or if a severed artery does not bleed, there can be no reasonable ground for doubting that death has taken place. These tests should be applied not sooner than eight or ten hours after the apparent decease.

HEALTH TRACT, No. 5.

CARE FOR THE EYES.

PRESCOTT, the historian, in consequence of a disorder of the nerve of the eye, wrote every word of his "*Historicals*" without pen or ink, as he could not see when the pen was out of ink, or from any other cause failed to make a mark. He used an agate stylus on carbonated paper, the lines and edges of the paper being indicated by brass wires in a wooden frame.

CRAWFORD, the sculptor, the habit of whose life had been to read in a reclining position, lost one eye, and soon died from the formation of a malignant cancerous tumor behind the ball, which pushed it out on the cheek.

There are many affections of the eyes which are radically incurable. Persons of scrofulous constitutions, without any special local manifestation of it, often determine the disease to the eye by some erroneous habit or practice, and it remains there for life. It is useful, therefore, to know some of the causes which, by debilitating the eye, invite disease to it, or render it incapable of resisting adverse influences.

Avoid reading by candle or any other artificial light.

Reading by twilight ought never to be indulged in. A safe rule is—never read after sun-down, or before sun-rise.

Do not allow yourself to read a moment in any reclining position, whether in bed or on a sofa.

The practice of reading while on horseback, or in any vehicle in motion by wheels, is most pernicious.

Reading on steam or sail-vessels should not be largely indulged in, because the slightest motion of the page or your body alters the focal point, and requires a painful straining effort to readjust it.

Never attempt to look at the sun while shining unless through a colored glass of some kind: even a very bright moon should not be long gazed at.

The glare of the sun on water is very injurious to the sight.

A sudden change between bright light and darkness is always pernicious.

In looking at minute objects, relieve the eyes frequently by turning them to something in the distance.

Let the light, whether natural or artificial, fall on the page from behind, a little to one side.

Every parent should peremptorily forbid all sewing by candle or gas-light, especially of dark materials.

If the eyes are matted together after sleeping, the most instantaneous and agreeable solvent in nature is the application of the saliva with the finger before opening the eye. Never pick it off with the finger nail, but wash it off with the ball of the fingers in quite warm water.

Never bathe or open the eyes in cold water. It is always safest, best, and most agreeable, to use warm water for that purpose over seventy degrees.

HEALTH TRACT, No. 6.

Hints for the Travelling Season.

AT this season many persons contemplate travelling; to do so with the largest amount of comfort and advantage, physical, social, and mental, the following suggestions are made:

Take one fourth more money than your actual estimated expenses.

Acquaint yourself with the geography of the route and region of travel.

Have a good supply of small change, and have no bill or piece higher than ten dollars, that you may not take counterfeit change.

So arrange as to have but a single article of luggage to look after.

Dress substantially; better to be too hot for two or three hours at noon, than to be too cool for the remainder of the twenty-four.

Arrange, under all circumstances, to be at the place of starting fifteen or twenty minutes before the time, thus allowing for unavoidable or unanticipated detention on the way.

Do not commence a day's travel before breakfast, even if that has to be eaten at daylight. Dinner or supper, or both can be more healthfully dispensed with, than a good warm breakfast.

Put your purse and watch in your vest-pocket, and all under your pillow, and you will not be likely to leave either.

The most if not secure fastening of your chamber-door is a common bolt on the inside; if there is none, lock the door, turn the key so that it can be drawn partly out, and put the wash-basin under it; thus, any attempt to use a jimmy or put in another key, will push it out, and cause a racket among the crockery, which will be pretty certain to rouse the sleeper and rout the robber.

A sixpenny sandwich eaten leisurely in the cars, is better for you than a dollar dinner bolted at a "station."

Take with you a month's supply of patience, and always think thirteen times before you reply once to any supposed rudeness or insult, or inattention.

Do not suppose yourself specially and designedly neglected, if waiters at hotels do not bring what you call for in double quick time; nothing so distinctly marks the well bred man as a quiet waiting on such occasions; passion proves the puppy.

Do not allow yourself to converse in a tone loud enough to be heard by a person two or three seats from you; it is the mark of a boor if in a man, and of want of refinement and lady-like delicacy, if in a woman. A gentleman is not noisy; ladies are serene.

Comply cheerfully and gracefully with the customs of the conveyances in which you travel, and of the places where you stop.

Respect yourself by exhibiting the manners of a gentleman and a lady, if you wish to be treated as such, and then you will receive the respect of others.

Travel is a great leveller; take the position which others assign you from your conduct rather than from your pretensions.

HEALTH TRACT, No. 7.

MUSIC HEALTHFUL.

MUSIC, like painting and statuary, refines, and elevates, and ennobles. Song is the language of gladness, and it is the utterance of devotion. But coming lower down, it is physically beneficial ; it rouses the circulation, wakes up the bodily energies, and diffuses life and animation around. Does a lazy man ever sing ? Does a milk-and-water character ever strike a stirring note ? Never. Song is the outlet of mental and physical activity, and increases both by its exercise. No child has completed a religious education who has not been taught to sing the songs of Zion. No part of our religious worship is sweeter than this. In David's day it was a practice and a study.

YOUNG OLD PEOPLE.

SOME look old at less than forty ; others beyond threescore have the vivacity, the sprightliness, and the spring of youth. One of the most active politicians of the times is now in his seventy-fifth year, and yet goes by the name of " the ever youthful Palmerston," and with the weight of nations on his shoulders, will find time to take a rapid ride on horseback daily, from ten to twenty miles. " The heavy cares and severe labors of the Earl of Malmesbury average eleven hours a day," and yet at the age of " fifty years, he is scarcely above forty in appearance." It is by no means an uncommon thing to read the deaths of men and women of the English nobility at eighty and ninety years, to be accounted for in part by their taking time to do things, and thereby doubling the time for doing them. The British are a dignified people, manly, mature ; a deliberative people, with the result of being as a nation, the most solid, the most substantial, and the greatest on the globe. They are worthy of that greatness, and we above all the peoples should be proud of it. Americans, on the other hand, are a hasty race ; their habitual hurries and anxieties eat out the very essence of life before half that life is done, and all bloodless, fidgety, skinny, and thin, we are but " a vapor that appeareth for a little time, and then vanisheth away."

DYSPEPSIA AND DRUNKENNESS.

A DRUNKARD is never so great a fool as to kill himself; the dyspeptic is.

More persons are destroyed by eating too much, than by drinking too much. Gluttony kills more than drunkenness in civilized society.

The dyspeptic kills himself; the drunkard kills others.

The dyspeptic takes his own life under the influence of mental depression; the drunkard kills others under the influence of mental excitement. But, although both are unlike unconscious at the time of what they are doing—one slaying himself, the other slaying his fellow-man—the suicide has the sympathies of society, and finds among it many apologists; while towards the drunken murderer of another the feeling is one of vindictive impatience for the gallows to do its duty.

Both the drunkard and the dyspeptic are unconscious of crime at the instant of its perpetration. Both states are brought on by over-indulgence of the appetite; the one for food, the other for drink; and both end in shedding blood.

The dyspeptic lays his plans for self-murder with deliberation; the drunkard murders another in the surprise of ungovernable passion; and, if deliberation darkens the deed, then is the drunkard the less criminal of the two.

If the drunkard is murderously inclined, it is only for a brief hour, while the fit is upon him, and he need be watched only for that time. But the dyspeptic, who is set on his own heart's blood, must be watched sedulously for days and months, or, the first moment that the eye is off his movements, he improves to his ruin.

Few palliate the drunkard's deed, while the dyspeptic meets with universal sympathy. Should this be so? What is the ground for this partiality? Surely all are called upon to mature this subject and to inquire, with a feeling of considerable personal responsibility, if, in the matter of eating, there is a daily watch against excesses, which so often end in that worst of all crimes, (because done with deliberation, and is not repented of,) self-murder!

HEALTH TRACT, NO. 9.

USES OF ICE.

IN health no one ought to drink ice-water, for it has occasioned fatal inflammations of the stomach and bowels, and sometimes sudden death. The temptation to drink it is very great in summer; to use it at all with any safety the person should take but a single swallow at a time, take the glass from the lips for half a minute, and then another swallow, and so on. It will be found that in this way it becomes disagreeable after a few mouthfuls.

On the other hand, ice itself may be taken as freely as possible, not only without injury, but with the most striking advantage in dangerous forms of disease. If broken in sizes of a pea or bean, and swallowed as freely as practicable, without much chewing or crushing between the teeth, it will often be efficient in checking various kinds of diarrhoea, and has cured violent cases of Asiatic cholera.

A kind of cushion of powdered ice kept to the entire scalp, has allayed violent inflammations of the brain, and arrested fearful convulsions induced by too much blood there.

In croup, water, as cold as ice can make it, applied freely to the throat, neck, and chest, with a sponge or cloth, very often affords an almost miraculous relief, and if this be followed by drinking copiously of the same ice-cold element, the wetted parts wiped dry, and the child be wrapped up well in the bed-clothes, it falls into a delightful and life-giving slumber.

All inflammations, internal or external, are promptly subdued by the application of ice or ice-water, because it is converted into steam and rapidly conveys away the extra heat, and also diminishes the quantity of blood in the vessels of the part.

A piece of ice laid on the wrist will often arrest violent bleeding of the nose.

To drink any ice-cold liquid at meals retards digestion, chills the body, and has been known to induce the most dangerous internal congestions.

Refrigerators, constructed on the plan of Bartlett's, are as philosophical as they are healthful, for the ice does not come in contact with the water or other contents, yet keeps them all nearly ice cold.

If ice is put in milk or on butter, and these are not used at the time, they lose their freshness and become sour and stale, for the essential nature of both is changed, when once frozen and then thawed.

HEALTH TRACT, No. 14.

W I N T E R S H O E S .

LIKE the gnarled oak that has withstood the storms and thunderbolts of centuries, man himself begins to die at the extremities. Keep the feet dry and warm, and we may snap our fingers in joyous triumph at disease and the doctors. Put on two pair of thick woollen stockings, but keep this to yourself; go to some honest son of St. Crispin, and have your measure taken for a stout pair of winter boots or shoes; shoes are better for ordinary, every-day use, as they allow the ready escape of the odors, while they strengthen the ankles, accustoming them to depend on themselves. A very slight accident is sufficient to cause a sprained ankle to a habitual boot-wearer. Besides, a shoe compresses less, and hence admits of a more vigorous circulation of blood. But wear boots when you ride or travel. Give directions also to have no cork or India rubber about the shoes, but to place between the layers of the soles, from out to out, a piece of stout hemp or tow-linen, which has been dipped in melted pitch. This is absolutely impervious to water—does not absorb a particle, while we know that cork does, and after a while becomes “soggy” and damp for a week. When you put them on for the first time, they will feel “as easy as an old shoe,” and you may stand on damp places for hours with impunity.

CURE FOR CORNS.

CORNS are caused by too tight or too loose shoes, and sometimes in the bottoms of the feet by the wooden pegs protruding through the soles of the shoe, by the neglect of the maker to rasp them off sufficiently smooth.

Medical books record cases where the injudicious paring of corns has resulted in mortification and death. The safest, the best, the surest plan is to never allow a corn to be touched with any thing harder than the finger-nail. As soon as it becomes troublesome enough to attract attention, soak the foot fifteen minutes, night and morning, in quite warm water; then rub two or three drops of sweet oil into the top of the corn, with the end of the finger. Do this patiently for a couple of minutes. Then double a piece of soft buckskin, something larger round than a dime, rather oblong. Cut a hole through it large enough to receive the corn, and thus attach it to the toe. This prevents pressure on the corn, which always aggravates it, and in less than a week the corn will generally fall out, or can be easily picked out with the finger-nail, and will not return for many weeks or months; and when it does return, repeat the process. No safer or more efficient plan of removal has ever been made known.

NEW SHOES MADE EASY.

ALL part from an old shoe with special reluctance, because of the easiness of its adaptation to the foot. To put on a “bran new” boot or shoe, with the easy fitting of the discarded old one, is well worth knowing how to do. It is only necessary to keep a secret. Before you have your measure taken, put on two pair of thick stockings, and let Crispin go ahead. The new pair will be almost as easy as the old.

HLALTH TRACT No. 15.

G R O W I N G B E A U T I F U L .

PERSONS may outgrow disease and become healthy by proper attention to the laws of their physical constitution. By moderate and daily exercise men may become active and strong in limb and muscle. But to grow beautiful, how? Age dims the lustre of the eye, and pales the roses on beauty's cheek; while crowfeet, and furrows, and wrinkles, and lost teeth, and gray hairs, and bald head, and tottering limbs, and limping most sadly mar the human form divine. But dim as the eye is, as pallid and sunken as may be the face of beauty, and frail and feeble that once strong, erect, and manly body, the immortal soul, just fledging its wings for its home in heaven, may look out through those faded windows as beautiful as the dew-drop of a summer's morning, as melting as the tears that glisten in affection's eye—by growing kindly, by cultivating sympathy with all human kind, by cherishing forbearance towards the follies and foibles of our race, and feeding, day by day, on that love to God and man which lifts us from the brute, and makes us akin to angels.

W E A K E Y E S .

WILLIS ON HALL.

(From the Home Journal of Jan. 28, 1860.)

A GOOD HALL.—A “very good haul,” indeed, does he get, every month, who with a *net* dollar, *takes* the “Journal of Health,” edited by HALL the Doctor! Of the pocket-wisdom most wanted, plain, pithy and pertinent, this little periodical, in our opinion, is the very purse. Now, what weak-eyed man or woman, for instance, will not be wiser for the following: “Many who are troubled with weak eyes, by avoiding the use of them in reading, sewing, and the like, *until after breakfast*, will be able to use them with greater comfort for the remainder of the day, the reason being, that in the digestion of the food the blood is called in from all parts of the system, to a certain extent, to aid the stomach in that important process; besides, the food eaten gives general strength, imparts a stimulus to the whole man, and the eyes partake of their share.”

THE DOOR-BELL REQUIEM.—To the belle men no longer adore, a *door-bell* tolls the requiem, (with its fewer-and-farther betweenities on New-Year's day,) or so seems to think Dr. Hall. Ah! the poetry there is—or might be—under the following statement of it in prose! “There are maiden ladies, who, some years ago, numbered their callers by dozens and scores, and ever hundreds; but for a few years past they have fallen off in geometrical progression, and now the diminution is really frightful. Formerly, when youth and beauty were theirs, the *door-bell* began to tingle as soon as the clock struck nine of the morning, with scarcely an intermission until it verged toward midnight. But now how great the change! Merry voices are heard outside, but they do not greet their ears; brisk footfalls sound on the pavement, but they do not stop at their doors, and a weary forenoon has almost passed away with only one or two visitors to break the disturbing monotony, former visions begin to assume more tangible shapes and the embodied idea stands out in high relief—*Passée!*”

MEASLES AND CONSUMPTION.

THIS disease prevails extensively in cities during the winter season, and will usually cure itself, if only protected against adverse influences. The older persons are, the less likely they are to recover perfectly from this ailment, for it very often leaves some life-long malady behind it. The most hopeless forms of consumptive disease are often the result of ill-conducted or badly managed measles. In nine cases out of ten, not a particle of any medicine is needed.

Our first advice is, always, and under all circumstances, send at once for an experienced physician. Meanwhile keep the patient in a cool, dry, and well-aired room, with moderate covering, in a position where there will be no exposure to drafts of air. The thermometer should range at about sixty-five degrees, where the bed stands, which should be moderately hard, of shucks, straw, or curled hair. Gratify the instinct for cold water and lemonade. It is safest to keep the bed for several days after the rash has begun to die away. The diet should be light, and of an opening, cooling character.

The main object of this article is to warn persons that the greater danger is after the disappearance of the measles. We would advise that for three weeks after the patient is well enough to leave his bed, he should not go out of the house, nor stand or sit for a single minute near an open window or door, nor wash any part of the person in cold water nor warm, but to wipe the face with a damp cloth. For a good part of this time the appetite should not be wholly gratified; the patient should eat slowly of light nutritious food. In one case, a little child, almost entirely well of the measles, got to playing with its hands in cold water; it gradually dwindled away and died. All exercise should be moderate, in order to prevent cooling off too quickly afterwards, and to save the danger of exposure to drafts of air, which, by chilling the surface, causes *chronic diarrhœa*, if it falls on the bowels; *deafness for life*, if it falls on the ear; or *incurable consumption*, if it falls on the lungs.

THE easiest method of securing an erect and manly carriage is to walk with the chin slightly above a horizontal line, as if looking at something higher than your own head.

HEALTH TRACT, No. 17.

SABBATH PHYSIOLOGY.

THE Almighty rested one seventh of the time of creation, commanding man to observe an equal repose. The neglect of this injunction will always, sooner or later, bring mental, moral, and physical death.

Rest is an invariable law of animal life. The busy heart beats, beats ever, from infancy to age, and yet for a large part of the time it is in a state of repose.

William Pitt died of apoplexy at the early age of forty-seven. When the destinies of nations hung in a large measure on his doings, he felt compelled to give an unremitting attention to affairs of state. Sabbath brought no rest to him, and soon the unwilling brain gave signs of exhaustion. But his presence in Parliament was conceived to be indispensable for explanation and defense of the public policy. Under such circumstances, it was his custom to eat heartily substantial food, most highly seasoned, just before going to his place, in order to afford the body that strength and to excite the mind to that activity deemed necessary to the momentous occasion. But under the high tension both brain and body perished prematurely.

Not long ago, one of the most active business men of England found his affairs so extended, that he deliberately determined to devote his Sabbaths to his accounts. He had a mind of a wide grasp. His views were so comprehensive, so far-seeing, that wealth came in upon him like a flood. He purchased a country seat at the cost of \$400,000, determining that he would now have rest and quiet. But it was too late. As he stepped on his threshold after a survey of his late purchase, he became apoplectic. Although life was not destroyed, he only lives to be the wreck of a man.

It used to be said that a brick kiln "must be kept burning over the Sabbath;" it is now known to be a fallacy. There can be no "must" against the divine command. Even now it is a received opinion that iron blast furnaces will bring ruin if not kept in continual operation. Eighteen years ago, an Englishman determined to keep the Sabbath holy as to them, with the result, as his books testified, that he made more iron in six days than he did before in seven; that he made more iron in a given time, in proportion to the hands and number and size of the furnaces, than any establishment in England which was kept in operation during the Sabbath.

In our own New-York, the mind of a man who made half a million a year, went out in the night of madness and an early grave within two years, from the very strain put upon it by a variety of enterprises, every one of which succeeded.

"It will take about five years to clear them off," said an observant master of an Ohio canal-boat, alluding to the wearing-out influences on the boatmen, who worked on Sabbaths as well as other days. As to the boatmen and firemen of the steamers on the Western rivers, which never lay by on the Sabbath, seven years is the average of life. The observance, therefore, of the seventh portion of our time for the purposes of rest is demonstrably a physiological necessity—a law of our nature.

THE BEST HAIR-WASH.

A SOUTHERN correspondent says: "In the matter of a hair-wash, in a recent number of the JOURNAL OF HEALTH, I have received a thousand times its cost, and it has also been a benefit to many others."

Make half a pint soap-suds with pure white soap and warm water, on rising any morning; but before applying it, brush the whole scalp well, while the hair is perfectly dry, with the very best Russia bristle brush, scrub back and forth with a will, let not any portion of the surface escape. When brushing the top and front, lean forward, that the particles may fall. After this operation is finished, strike the ends of the bristles on the hearth or on a board, next pass the coarse part of the comb through the bristles; next, brush or flap the hair back and forth with the hand until no dust is seen to fall; then with the balls of the fingers dipped in the soap-suds, rub the fluid into the scalp and about the roots of the hair; do this patiently and thoroughly. Finally, rinse with clear water, and absorb as much of the water from the hair as possible with a dry cloth; then (after allowing the hair to dry a little more by evaporation, but not to dry entirely) dress it as usual, always, under all circumstances, passing the comb through the hair slowly and gently, so as not to break any one off, or tear out any one by the roots.

By this operation the alkali of the soap unites with the natural oil of the hair, and leaves it perfectly clean and beautifully silken, and with cold water washings of the whole head and neck and ears every morning, it will soon be found that the hair will "dress" as handsomely as if "oiled to perfection;" with the great advantage of conscious cleanliness, giving, too, the general appearance of a greater profusion of hair than when it is plastered flat on the scalp, with variously scented hog's fat, as is the common custom.

It has been recently established, in a court of justice in the city of New-York, that one of the most popular hair-washes ever known was made by adding a little alcohol, scented with a perfume, to common soap-suds.

A better hair-wash is a tea-spoonful of powdered borax in half a glass of warm water, applied as above weekly, with a good use of the hair-brush daily, using a comb only to straighten out the hair, touching the scalp but very lightly indeed, (otherwise it makes it rough and injures the roots of the hair.) This will prevent DANDRUFF, which answers to what is deposited from the curry-comb of a horse, being the dead scales, dried oil, perspiration, and dust of the scalp. Nothing can ever make hair grow on a shining scalp. Pure soft water will make the hair "dress" better than any thing else in nature. It is an unclean scalp that "rots" the hair and imparts an unpleasant odor. If good health, a clean scalp, and cutting off the extreme ends of the hair monthly does not make it grow, nothing else can.

HEALTH TRACT, No. 19.

WEARING FLANNEL.

In our climate, fickle in its gleams of sunshine and its balmy airs, as a coquette with her smiles and favors, consumption bears away every year the ornaments of many social circles. The fairest and loveliest are its favorites. An ounce of prevention in this fatal disease is worth many pounds of cure, for when once well seated, it mocks alike medical skill and careful nursing. If the fair sex could be induced to regard the laws of health, many precious lives might be saved; but pasteboard soles, the low-neck dresses, and lilliputian hats, sow annually the seeds of a fatal harvest. The suggestion in the following article from the JOURNAL OF HEALTH, if followed, might save many with consumptive tendencies from an early grave:

"Put it on at once; winter and summer nothing better can be worn next to the skin than a loose red woollen shirt; 'loose,' for it has room to move on the skin, thus causing a titillation which draws the blood to the surface and keeps it there; and when that is the case no one can take cold; 'red,' for white flannel fulls up, mats together, and becomes tight, stiff, heavy and impervious. Cotton-wool merely absorbs the moisture from the surface, while woollen flannel conveys it from the skin and deposits it in drops on the outside of the shirt, from which the ordinary cotton shirt absorbs it, and by its nearer exposure to the air it is soon dried without injury to the body. Having these properties, red wool flannel is worn by sailors even in the midsummer of the warmest countries. Wear a thinner material in summer."

TO CONSUMPTIVES.

You want air, not physic; you want pure air, not medicated air; you want nutrition, such as plenty of meat and bread will give, and they alone; physic has no nutriment; gasping for air can not cure you; monkey-capers in a gymnasium can not cure you; and stimulants can not cure you. If you want to get well, go in for *beef and out-door air*, and do not be deluded into the grave by advertisements and unreliable certifiers.

THREE ESSENTIALS.

THE three great essentials to human health are: Keep the feet always dry and warm; Have one regular action of the bowels every day; and Cool off very slowly after all forms of exercise.

HEALTH TRACT, No. 20.

HEALTH WITHOUT MEDICINE.

A NEW YEAR'S PRESENT FOR YOUR WIFE.

Begin with the January Number.

SUBSCRIPTIONS RECEIVED

FOR

Dr. Hall's Journal of Health.

A MONTHLY PUBLICATION,

Price One Dollar per year.

"HEALTH IS A DUTY" INCUMBENT ON ALL.

Health is a duty.—When we announced as a starting-point in the first number of our JOURNAL that a man ought to keep well, and being sick was an implied wrong, no doubt it appeared to many rather a rigid doctrine: to wit, that *it is a sin to be sick*. But men of reflection will not be long in coming to the conclusion, that if it is not so in some cases, it is so in a vast number of instances; and a practical man may benefit himself largely, if he be also conscientious, by inquiring, when incapacitated from discharging the duties of life by illness, "*Is it my fault?*" A servant who cuts off his hand to avoid labor, does, certainly, a deliberate wrong to the person to whom he justly owes his labor. And although we may not deliberately make ourselves sick, yet, if it is done through gross inattention or from ignorance, the degree of criminality in the latter is but a short distance from the former.

To use a not uncommon expression, *a man has no business to be sick*. In other words, his being a sick man *is not always a necessity*. People do not get sick *without a cause*, except in rare cases; and that cause is, very generally, within themselves, resulting from inattention, ignorance, or recklessness, either on the part of themselves, their parents, or their teachers. It is a very poor excuse for a man to say that he can not pay a debt—that declaration becomes insulting to the creditor—when that inability is the result of improvidence or actual extravagance. When any man is disabled by sickness from discharging his duty to himself, his family, or to society, the question should at once be, "*Is it from Heaven or of men?*" Not of the former, for it is said *He* does not willingly afflict the children of men; consequently, sickness is not of *His* sending. It is the result of causes within ourselves. In a literal sense, as well as a moral, it is true, "*O Israel! thou hast destroyed thyself!*" In plainer terms, disease is not sent upon us; we bring it upon ourselves, and, therefore, *health is a duty incumbent on all*.

ATTENTION TO THE FEET.

It is utterly impossible to get well or keep well, unless the feet are kept dry and warm all the time. If they are for the most part cold, there is cough or sore throat, or hoarseness, or sick headache, or some other annoyance.

If cold and dry, the feet should be soaked in hot water for ten minutes every night, and when wiped and dried, rub into them well, ten or fifteen drops of sweet oil ; do this patiently with the hands, rubbing the oil into the soles of the feet particularly.

On getting up in the morning, dip both feet at once into water, as cold as the air of the room, half ankle deep, for a minute in Summer ; half a minute or less in Winter, rubbing one foot with the other, then wipe dry, and if convenient, hold them to the fire, rubbing them with the hand until perfectly dry and warm in every part.

If the feet are damp and cold, attend only to the morning washings, but always at night remove the stockings, and hold the feet to the fire, rubbing them with the hands for fifteen minutes, and get immediately into bed.

Under any circumstances, as often as the feet are cold enough to attract attention, draw off the stockings, and hold them to the fire ; if the feet are much inclined to dampness, put on a pair of dry stockings, leaving the damp ones before the fire to be ready for another change.

Some person's feet are more comfortable, even in Winter, in cotton, others in woolen stockings. Each must be guided by his own feelings. Sometimes two pair of thin stockings keep the feet warmer, than one pair which is thicker than both. The thin pair may be of the same or of different materials, and that which is best next the foot, should be determined by the feelings of the person.

Sometimes the feet are rendered more comfortable by basting half an inch thickness of curled hair on a piece of thick cloth, slipping this into the stocking, with the hair next the skin, to be removed at night, and placed before the fire to be perfectly dried by morning.

Persons who walk a great deal during the day, should, on coming home for the night, remove their shoes and stockings, hold the feet to the fire until perfectly dry ; put on a dry pair, and wear slippers for the remainder of the evening.

Boots and gaiters keep the feet damp, cold and unclean, by preventing the escape of that insensible perspiration which is always escaping from a healthy foot, and condensing it ; hence the old-fashioned low shoe is best for health.

REGULATING THE BOWELS.

It is best that the bowels should act every morning after breakfast; therefore, quietly remain in the house, and promptly attend to the first inclination. If the time passes, do not eat an atom until they do act; at least not until breakfast next day, and even then, do not take anything except a single cup of weak coffee or tea, and some cold bread and butter, or dry toast, or ship-biscuit.

Meanwhile, arrange to walk or work moderately, for an hour or two, each forenoon and afternoon, to the extent of keeping up a moisture on the skin, drinking as freely as desired as much cold water as will satisfy the thirst, taking special pains, as soon as the exercise is over, to go to a good fire or very warm room in Winter, or, if in Summer, to a place entirely sheltered from any draught of air, so as to cool off very slowly indeed, and thus avoid taking cold or feeling a "soreness" all over next day.

Remember, that without a regular daily healthful action of the bowels, it is impossible to maintain health, or to regain it, if lost. The coarser the food, the more freely will the bowels act, such as corn (Indian,) bread eaten hot; hominy; wheaten grits; bread made from coarse flour, or "shorts;" Graham bread; boiled turnips, or stirabout.

If the bowels act oftener than twice a day, live for a short time on boiled rice, farina, starch, or boiled milk. In more aggravated cases, keep as quiet as possible on a bed, take nothing but rice, parched brown like coffee, then boiled and eaten in the usual way; meanwhile drink nothing whatever, but eat to your fullest desire bits of ice swallowed nearly whole, or swallow ice cream before entirely melted in the mouth; if necessary, wear a bandage of thick woolen flannel, a foot or more broad bound tightly around the abdomen; this is especially necessary if the patient has to be on the feet much. All locomotion should be avoided when the bowels are thin, watery or weakening. The habitual use of pills, or drops or any kind of medicine whatever, for the regulation of the bowels, is a sure means of ultimately undermining the health; in almost all cases laying the foundation for some of the most distressing of chronic maladies, hence all the pains possible, should be taken to keep them regulated by natural agencies, such as the coarse foods and exercises above named.

BURNS AND BITES.

POISONS.

For any poison, the most speedy, certain, and most frequently efficacious remedy in the world, if immediately taken, is a heaping teaspoonful of ground mustard, stirred rapidly in a glass of cold water, and drank down at a draught, causing instantaneous vomiting. As soon as the vomiting ceases, swallow two tablespoonfuls or more of sweet-oil, or any other mild oil.

If no ground mustard is at hand, drink a teacupful or more of sweet-oil, or any other pure mild oil, melted hog's lard, melted butter, train oil, cod-liver oil, any of which protect the coats of the stomach from the disorganizing effects of the poison; and, to a certain extent, by filling up the pores of the stomach, (the mouths of the absorbents,) prevent the poison being taken up into the circulation of the blood. Persons bitten by rattlesnakes have drank oil freely, and recovered. These are things to be done while a physician is being sent for.

BITES AND STINGS.

Apply instantly, with a soft rag, most freely, spirits of hartshorn. The venom of stings being an acid, the alkali nullifies them. Fresh wood ashes, moistened with water, and made into a poultice, frequently renewed, is an excellent substitute—or, soda or saleratus—all being alkalies.

To be on the safe side, in case of snake or mad-dog bites, drink brandy, whisky, rum, or other spirits, as free as water—a teacupful, or a pint or more, according to the aggravation of the circumstances.

POULTICES.

As to inflammation, sores, cuts, wounds by rusty nails, etc., the great remedy is warmth and moisture, because these promote evaporation and cooling; whatever kind of poultice is applied, that is best which keeps moist the longest, and is in its nature mild; hence cold light (wheaten) bread, soaked in sweet milk, is one of the very best known. There is no specific virtue in the repulsive remedy of the "entrails of a live chicken," of scraped potatoes, turnips, beets, carrots, or any other scrapings; the virtue consists in the mild moisture of the application. Hence the memory need not be burdened with the recollection of particular kinds of poultices, but only with the principle that that poultice is best which keeps moist longest without disturbance.

SCALDS AND BURNS.

The best, most instantaneous, and most accessible remedy in the world, is to thrust the injured part in cold water, send for a physician, and while he is coming, cover the part an inch or more deep with common flour. The water gives instantaneous relief by excluding the oxygen of the air; the flour does the same thing, but is preferable, because it can be kept more continuously applied, with less inconvenience, than by keeping the parts under water. As they get well, the flour scales off, or is easily moistened and removed. If the injury is at all severe, the patient should live mainly on tea and toast, or gruels, and keep the bowels acting freely every day, by eating raw apples, stewed fruits, and the like. No better and more certain cure for scalds and burns has ever been proposed.

SOUR STOMACH.

NATURE provides a liquid (the gastric juice) in the stomach, sufficient to dissolve as much food as the system requires, and no more. Whatever is eaten beyond what is needed has no gastric juice to dissolve it, and being kept at the temperature of the stomach, which is about a hundred degrees, it begins to decompose—that is, to sour—in one, two, three, or more hours, just as new cider begins to sour in a few hours. In the process of souring, gas is generated as in the cider-barrel, the bung is thrown out, and some of the contents run over at the bung-hole, because in souring, the contents expand, and require more room. So with the stomach. It may be but partially filled by a meal; but if more has been swallowed than wise nature has provided gastric juice for, it begins to sour, to ferment, to distend, and the man feels uncomfortably full. He wants to belch. That gives some relief. But the fermentation going on, he gets the “belly ache” of childhood or some other discomfort, which lasts for several hours, when nature succeeds in getting rid of the surplus, and the machinery runs smoothly again. But if these things are frequently repeated, the machinery fails to rectify itself, looses the power of readjustment, works with a clog, and the man is a miserable dyspeptic for the remainder of life; and all from his not having had wit enough to know when he had eaten a plenty, and being foolish enough, when he had felt the ill effects of thus eating too much, to repeat the process an indefinite number of times; and all for the trifling object of feeling good for the brief period of its passing down the throat. For each minute of that good he pays the penalty of a month of such suffering as only a dyspeptic can appreciate. What a fool man is! He is a numskull, a goose, a sheep, a goat, a jackass.

SLEEPING.

It is nothing short of murderous for one person to sleep habitually in a room less than twelve feet each way ; and even then the fire-place should be kept open, and a door ajar, or the windows raised at bottom, or lowered at top, (both better ;) this creates a draught up the chimney, and carries off much of the foul air generated during sleep. A little fire, or a lamp, or jet of gas burning in the fire-place, increases the draught. As the air we breathe is the chief agent for removing all impurities from the blood, the more effectual as it is purer, it must be plain to all that the room in which we spend a clear third of our entire existence should contain the purest air possible, and that this must have an immense influence on the health. Hence, our chambers should be large and airy—the higher above the ground the better—with windows facing the south, so as to have all the benefit of sunlight and warmth, to keep them dry and cheerful. Besides a few handsome pictures or paintings on the walls, illustrating what is beautiful and elevating, there should be no furniture except a table, a dressing-bureau, and a few chairs, all without covering. With the exception of the bedding and a clean dry towel, there should be no woven fabric, neither carpet, curtains, nor hanging garments ; for these, especially if woollen, retain odors, dust, dampness, and seeds of corruption and disease for months. There should be a hearth-rug at the bedside to prevent the bare feet from coming in contact with the cold floor, on getting out of a warm bed. No liquid except a pitcher of cold water should be allowed to remain five minutes in a sleeping-room. The deadly carbonic acid gas which comes from the lungs at every out-breathing of the sleeper, rises to the ceiling in warm weather, but falls to the floor when the room is freezing cold. Hence, in summer, the purest and coolest air in a room is near the floor ; in winter, the foulest.

To SLEEP SOUNDLY.—Inability to sleep, as a growing habit, is the first step toward certain madness ; in every disease it is an omen of ill. Hence, to cultivate sound sleep, do not sleep a moment in the day-time ; go to bed at a regular hour, and never take a “second nap” after waking of yourself in the morning. Take nothing after dinner but a piece of cold bread and butter, and one cup of hot drink ; *not* China tea, as it makes many wakeful. Never go to bed cold or very hungry, nor with cold feet. Read nothing after supper, listen to nothing, talk about nothing of a very exciting character ; avoid carefully every domestic unpleasantness, as to child, servant, husband, or wife. Let no angry word be spoken or thought harbored for a single instant after tea-time, for death may come before the morning-light. Grown persons generally require seven hours’ sleep in summer, and eight in winter. Few indeed, except invalids, will fail to sleep well who go to bed at a regular early hour, on a light supper, in a large room, and clean, comfortable bed, if there is no sleeping in the day-time, and not more than seven hours in any twenty-four are passed in bed. One week’s faithful trial will prove this. Children, and all persons at school or engaged in hard study, should take all the sleep they can get, and should never be waked up in the morning after having gone to bed at a regular early hour. Every humane parent will make it a religious duty to arrange that every child shall go to bed in an affectionate, loving, and glad spirit. If wakeful during the night, get up, draw on the stockings, throw back the bed-cover to air it, walk the floor in your night-gown, with the mouth closed, all the while rubbing the skin briskly with both hands, until cooled off and a little tired. Except from August first to October first, in fever and ague localities, a chamber window should be open two or three inches at least.—SEE DR. HALL ON “SLEEP.”

HEALTH TRACT, No. 26.

E A T I N G .

THE stomach has two doors, one for the entrance of the food, on the left side, the other, for its exit, after it has been properly prepared for another process. As soon as the food is swallowed, it begins to go round and round the stomach so as to facilitate dissolution; just as the melting of a number of small bits of ice is expedited by being stirred in a glass of water; the food, like the ice, dissolving from without, inwards, until all is a liquid mass.

Eminent physiologists have said, that as this liquid mass passes the door of exit, where there is a little movable muscle, called the Pyloric Valve, (a faithful watchman,) that which is fit for future purposes gives a tap, as it were; the valve flies open, and it makes an honorable exit. Thus it goes on until the stomach is empty, provided no more food has been taken than there was a supply of gastric juice for. If a mouthful too much has been taken, there is no gastric juice to dissolve it; it remains hard and undigested, it is not fit to pass, and the janitor refuses to open the door; and another and another circuit is made, with a steady refusal at each time, until the work is properly done. Boiled rice, roasted apples, cold raw cabbage cut up fine in vinegar, tripe prepared in vinegar, or souse, pass through in about an hour; fried pork, boiled cabbage and the like, are kept dancing around for about five hours and a half.

After, however, there has been a repeated refusal to pass, and it would appear that any longer detention was useless, as in the case of indigestible food, or a dime, or cent, or fruit-stone, the faithful watchman seems to be almost endowed with intelligence as if saying: "Well, old fellow, you never will be of any account; it is not worth while to be troubled with you any longer, pass on, and never show your face again."

When food is thus unnaturally detained in the stomach, it produces wind, eructations, fullness, acidity, or a feeling often described as a "weight," or "load," or "heavy." But nature is never cheated. Her regulations are never infringed with impunity; and although an indigestible article may be allowed to pass out of the stomach, it enters the bowels as an intruder, is an unwelcome stranger, the parts are unused to it, like a crumb of bread which has gone the wrong way by passing into the lungs, and nature sets up a violent coughing to eject the intruder. As to the bowels, another plan is taken, but the object is the same—a speedy rid-dance. As soon as this unwelcome thing touches the lining of the bowels, nature becomes alarmed, and like as when a bit of sand is in the eye, she throws out water, as if with the intention of washing it out of the body, hence the sudden diarrheas with which two-legged pigs are sometimes surprised. It was a desperate effort of nature to save the body, for if undigested food remains too long, either in the stomach or bowels, fits, convulsions, epilepsies, apoplexies, and death, are a very frequent result. Inference: *Always eat slowly and in moderation of well-divided food.*

VALUABLE KNOWLEDGE.

BITES AND STINGS of insects and snakes have been cured by instantly washing the parts freely with spirits of hartshorn or other alkali; at other times by applying a poultice made of common table-salt and the yolk of an egg.

BURNS AND SCALDS are instantly relieved by immersing the parts in cold water; then send for the doctor, and while he is coming, cover the injured parts half an inch deep with common dry flour; keep the bowels acting daily, and take nothing but gruel, soups, stale bread, and baked fruits. This is the safest, best, speediest, and most certain cure ever made known for burns.

COLDS.—Swallow not a morsel, cover up warm in bed, and remain there until well, drinking most freely of warm teas of any kind. If these things are done the day a cold is taken, they will seldom fail of a cure within thirty-six hours.

CORNS.—After bathing the feet twenty minutes in hot water, rub a few drops of sweet oil on the corn with the finger for two or three minutes. Do this every night, and protect the corn from the pressure of a tight shoe or the chafing of a loose one, and the corn can be easily picked out with the finger-nail in a few days, not to return for months, if ever, when renew the treatment.

COUGH OF CHILDREN.—Keep them warm in a warm room, eating nothing but broths, stale bread, gruels, and baked fruits, and every four or five hours rub into the skin all over the chest, with the hand, patiently, half a teaspoonful of common sweet oil; taking every few hours during the day, a teaspoonful at a time, of sweet cider boiled to a syrup, which will keep a year in a cool cellar.

DIARRHEA of summer is often cured by maintaining perfect quietude on a bed, and eating acid fruits or berries in their natural state while ripe, raw, and fresh. If the acid fruit fails, eat nothing for a few days but common rice, parched brown like coffee, then prepare in the usual way.

ERYSIPELAS.—Keep the parts covered well with a poultice made of raw cranberries pounded. This disease comes without warning, and often ends fatally in a few days.

ODORS.—Of places, keep then clean; of persons, arising from a scrofulous taint, wash face, hands, neck, arms, arm-pits, and feet daily in a basin of water, in which has been mixed two table-spoonfuls of the compound tincture of spirits of hartshorn.

POISON.—Whether animal, vegetable or mineral, if swallowed, will be instantly neutralized in most cases by drinking a teacupful of common sweet oil promptly. The Choctaw Indians are said to rely on this as an infallible cure for the bite of rattlesnakes; if Laudanum, drink every ten minutes or oftener, until the drowsiness goes off, strong coffee, each cup cleared with the white of one egg.

NEW SHOES MADE EASY.—Before having your measure taken, put on two pair of thick woolen stockings, but don't tell Crispin.

SURFEIT.—Careful and wise persons sometimes over-eat, and are foundered like a horse; walk in the open air (until freely relieved) with sufficient activity to keep up a moderate perspiration, then go to a warm room and remain with all the clothing on until cooled off, and take nothing for the next two meals but stale bread and some warm drink, so as to rest the stomach.

TEETH.—If the tooth aches, out with it and be done with it. From five years old up to twenty, a conscientious dentist should be required to examine each particular tooth most minutely every three months, and once a year thereafter: use nothing for plugs but the purest gold. For personal comeliness, comfort, and health no money is more remunerative than that given to a good dentist.

WORK by the day and not by the job when you want exercise. By thus working slowly, you are not exhausted before you know it, and by going to a very warm room the moment the work is over, cooling off very slowly, a cold is avoided, as well as that soreness and stiffness of limbs next day, which is the result of fitful, hasty, and too violent exercise.

AVERTING DISEASE.

PAIN is a blessing; it is the great life-preserver; it is the sleepless, faithful sentinel which gives prompt warning that harm is being done. Pain is the result of pressure on or against a nerve; that pressure is made by a blood-vessel, for there is no nerve without a blood-vessel in close proximity. In health, each blood-vessel is moderately full; but the very moment disease, or harm, or violence, by blow or cut or otherwise, comes to any part of the body, nature becomes alarmed as it were, and sends more blood there to repair the injury—much more than is usually required; that additional quantity distends the blood-vessels, presses against a nerve, and gives disquiet or actual pain. In these cases this increased quantity of blood is called “inflammation.” Again, if a man eats too much, or is constipated, or by some other means makes his blood impure, it becomes thickened thereby, and does not flow through its channels as freely as it should; hence it accumulates, dams up, congests, distending the veins, which in their turn make pressure on some adjoining nerve, and give dull pain, as headache. This congestion in the arteries gives a sharp, pricking pain.

Pain, then, is the result of more blood being determined to the part where that pain is, than naturally belongs to it. The evident alternative is to diminish the quantity of blood, either at the point of ailment or in the body in general. Thus it is that a mustard-plaster applied near a painful spot, by withdrawing the blood to itself, gives instantaneous relief. Opening a vein will do the same thing; and so, but not as expeditiously, will any purgative medicine, because that by all these things, by diminishing the amount of fluid as to the whole body, each particular part is proportionably relieved. On the same principle is, it that a “good sweat” is “good” for any pain, and affords more or less relief. Friction does the same, even if it is performed with so soft a thing as the human hand, for any rubbing reddens, that is, attracts blood to the part rubbed, and thus diminishes the pain at the spot where there is too much blood.

1. The instant we become conscious of any unpleasant sensation in the body, eat nothing. 2. Keep warm. 3. Be still.

These are applicable and safe in all cases; sometimes a more speedy result is attained if, instead of being quiet, the patient would, by moderate, steady exercise, keep up a gentle perspiration for several hours. In many cases, this remedy will become more and more efficient, with increasing intervals for need of its application, until at length a man is not sick at all, and life goes out like the snuff of a candle or as gently as the dying embers on the hearth.

NEGLECTING COLDS.

EVERY intelligent physician knows that the best possible method of promptly curing a cold is, that the very day in which it is observed to have been taken, the patient should cease absolutely from eating a particle for twenty-four or forty-eight hours, and should be strictly confined to a warm room, or be covered up well in bed, taking freely hot drinks. It is also in the experience of every observant person, that when a cold is once taken, very slight causes indeed increase it. The expression, "It is nothing but a cold," conveys a practical falsity of the most pernicious character, because an experienced medical practitioner feels that it is impossible to tell in any given case, where a cold will end; hence, and when highly valuable lives are at stake, his solitudes appear sometimes to others to verge on folly or ignorance. A striking and most instructive example of these statements is found in the case of Nicholas the First, the Emperor of all the Russias. For more than a year before his death, his confidential medical adviser observed that in consequence of the Emperor "not giving to sleep the hours needed for restoration," his general vigor was declining, and that exposures which he had often encountered with impunity, were making unfavorable impressions on the system—that he had less power of resistance. At length, while reviewing his troops on a January day, he took a severe cold, which at once excited the apprehensions of his watchful physician, who advised him not to repeat his review.

"Would you make as much of my illness if I were a common soldier?" asked the Emperor, in a tone of good-natured pleasantry.

"Certainly, please your majesty; we should not allow a common soldier to leave the hospital if he were in the state in which your majesty is."

"Well, you would do your duty—I will do mine," and the exposure was repeated, with the result of greatly increasing the bad effects of this original cold, and he died in a week afterwards.

Colds are never taken while persons are in active motion, but when at rest, just after the exercise. This result can be averted infallibly by going instantly to a warm room and remaining with all the clothing on, in which the exercise has been taken, until the body has gradually cooled down to its natural temperature, known by not feeling the slightest moisture on the forehead.

BATHS AND BATHING.

Pigs, puppies, and babies are the better for being well washed every day, but for persons in general to undergo such an operation as regular as the morning comes is absurd and hurtful. Absurd, because unnecessary, and no man ever did it for a lifetime; hurtful, because multitudes who commenced the unnatural practice, have abandoned it from the conviction that it had an unfavorable effect, or that they ceased to be benefited by it.

It is proper that once a week there should be a most thorough washing of the whole body with soap, water at about eighty degrees Fahrenheit, and a common scrubbing-brush. To avoid taking cold, especially in winter, the heat of the room should be within six or eight degrees of that of the water.

The whole operation, from the time of beginning to undress until completed, should not exceed twenty minutes, including the friction, which should be rapid and thorough, with a coarse towel.

Microscopists say that the skin of a man is like the scales of a fish, which are covered with a slimy substance, to throw off the water and also to lubricate the scales so that they may slide over each other with the greatest facility. If this lubricator were kept washed from the fish, it would die. It may be inferred that the oil which nature throws out on the skin is designed for the wise purpose of a lubricator, to keep the skin moist and soft and smooth. In severe fever or cold, the dry harsh skin, and the "goose flesh," are familiar to all; in both of which there is an entire absence of perspiration, and relief comes only with perspiration. Let all think for themselves in this matter.

Much is said about the universality of bathing among the Romans. The practice did not become general until national voluptuousness, gormandizing and intemperance were destroying the national vigor; but their magnificent bathing establishments, public and private, failed to restore individual health or to prevent national ruin. We are told that the "Eastern Nations" practice bathing. Suppose they do; they are the filthiest people on the face of the globe, as to the Moors, Turks, Hindoos, East-Indians, Chinese, Japanese, etc., while the average of human life is less than our own by many years; and their great men and great deeds and magnificent achievements, where are they?

The masses with us have imperative duties to perform, and can not afford to spend an hour every day in wriggling and splashing and spluttering about in cold water; and happily health does not require it, either of the day laborer or of the man of elegant leisure; all that is needed for either, beyond the weekly bath named, is to wash the exposed parts morning, and in some cases, evening too, most thoroughly; that is, the hands, face, neck, throat, arms, and armpits. Beyond this is not indicated either by common-sense or a rational physiology.

HOW TO AVOID COLDS.

PHYSIOLOGISTS have said that if a few drops of the blandest fluid in nature are injected into a blood-vessel against the current, death is an instantaneous result.

Millions of canals or tubes from the inner portions of the body, open their little mouths at the surface, and through these channels, as ceaseless as the flow of time, a fluid containing the wastes and impurities of the system is passing outwards, and is emptied out on the skin; ordinarily, it is so attenuated, so near like the air, that it can not be seen with the naked eye, but extraordinarily, under the influence of increased natural or artificial heat, as from exercise or fire, this fluid is more profuse, and is seen and known as "the sweat of the brow"—perspiration.

This fluid must have exit or we die in a few hours. If it does not have vent at the surface of the body, it must have some internal outlet. Nature abhors shocks as she does a vacuum. Heat distends the mouths of these ducts, and promotes a larger and more rapid flow of the contained fluid: on the other hand, cold contracts them, and the fluid is at first arrested, dams up and rebounds. If the purest warm milk, injected against the current of the blood, kills in a moment, not from any chemical quality, but from the force against the natural current, there need be no surprise at the ill-effects of suddenly closing the mouths of millions of tubes at the same instant, causing a violence at every pin-head surface of the body. If these mouths are gradually closed, nature has time to adapt herself to the circumstances by opening her channels into the great internal "water-ways" of the body, and no harm follows. Hence the safety of cooling off slowly after exercise or being in a heated apartment, and the danger of cooling off rapidly, under the same circumstances, familiarly known by the expression "checking the perspiration."

The result of closing the pores of the skin is various according to the direction the shock takes, and this is always to the weakest part: in the little child it is to the throat, and there is croup or diphtheria: to the adult it is to the head, giving catarrh in the head or running of the nose; to the lungs, giving a bad cold, or, if very violent, causing pneumonia or inflammation of the lungs themselves; or pleurisy, inflammation of the covering of the lungs; to the bowels causing profuse and sudden diarrhea, or to the covering of the bowels, inducing that rapid and (often) fatal malady known as peritoneal inflammation; if the current is determined to the liver, there is obstinate constipation, or bilious fever, or sick headache. Hence a "cold" is known by a cough, when perspiration is driven inward, and is directed to the lungs; by pleurisy, when to the lining of the lungs; by a sick headache or bilious fever, when to the liver, etc.; diarrhea or constipation when to the bowels *and* liver.

To avoid bad colds, then, it is only necessary to avoid closing the pores of the skin, either rapidly, by checking perspiration, or slowly, by remaining still until the body is thoroughly chilled, that is, until the pores are nearly or entirely closed by inaction in a cold atmosphere or room. In the matter of health, these suggestions are of incalculable importance.

HALL'S JOURNAL OF HEALTH.

Vol. 9.

FEBRUARY, 1862.

No. 2.

HEALTH TRACTS.

THE January and February numbers contain sixty-two one-page Health Tracts. The number of the tract answers to the number of the page. January contains from No. 1 to 31, both included; February has No. 32 to No. 62, both included.

	Tract		Tract
Air and Sunshine,	51	Growing Beautiful,	15
Apples,	59	Hair, the Care of,	18
Burns and Bites,	27, 23	Headache,	41, 62
Baths and Bathing,	30	Health without Medicine,	20
Colds Cured,	27, 3	Healthful Observances,	38
Colds Neglected,	27, 29	Health's Three Essentials, 19, 42	
Colds Prevented,	31	Hydrophobia,	49
Corns and Shoes,	14	Inconsiderations,	1
Consumption and Measles, 11, 16		Ice, its Uses,	9
Coffee Drinking,	46	Music Healthful,	7
Catarrh,	52	Medicine, Taking,	60
Checking Perspiration,	58	Nothing but a Cold,	36
Costiveness,	22	Neuralgia,	44
Drunkenness and Dyspepsia, 8		Nursing Hints,	57
Dyspepsia,	33	Precautions,	37
Disease, Causes of,	4	Presence of Mind,	39
Disease Avoided,	28	Premonitions,	43
Drinking,	35	Private Things,	45
Diet for Invalids,	54	Poisons,	23, 27, 55
Erect Position,	11	Rheumatism,	50
Eating,	26	Sitting,	13
Eating Wisely,	32	Sabbath Physiology,	17
Eat, How to,	34	Sour Stomach,	24
Eating, When and What,	40	Sleeping,	25
Eyes, Care of,	5, 15	Sick-Headache,	62, 41
Eyesight Failing,	61	Traveling Hints,	6
Erysipelas,	56	The Three Ps,	47
Fruits in Summer,	2	Winter Rules,	10
Flannel, Wearing,	19	Walking,	12
Feet, Care of,	14, 21	Warnings,	48
Fifteen Follies,	53	Valuable Knowledge,	27

HOW TO EAT WISELY.

As a universal rule in health, and, with very rare exceptions, in disease, that is best to be eaten which the appetite craves or the taste relishes.

Persons rarely err in the quality of the food eaten; nature's instincts are the wise regulators in this respect.

The great sources of mischief from eating are three: Quantity, Frequency, Rapidity; and from these come the horrible dyspepsias which make of human life a burden, a torture, a living death.

RAPIDITY.—By eating fast, the stomach, like a bottle being filled through a funnel, is full and overflowing before we know it. But the most important reason is, the food is swallowed before time has been allowed to divide it in sufficiently small pieces with the teeth; for, like ice in a tumbler of water, the smaller the bits are, the sooner are they dissolved. It has been seen with the naked eye, that if solid food is cut up in pieces small as half a pea, it digests almost as soon, without being chewed at all, as if it had been well masticated. The best plan, therefore, is for all persons to thus comminute their food; for even if it is well chewed, the comminution is no injury, while it is of very great importance in case of hurry, forgetfulness, or bad teeth. Cheerful conversation prevents rapid eating.

FREQUENCY.—It requires about five hours for a common meal to be dissolved and pass out of the stomach, during which time this organ is incessantly at work, when it must have repose, as any other muscle or set of muscles, after such a length of effort. Hence persons should not eat within less than a five hours' interval. The heart itself is at rest more than one third of its time. The brain perishes without repose. Never force food on the stomach.

All are tired when night comes; every muscle of the body is weary and looks to the bed; but just as we lie down to rest every other part of the body, if we, by a hearty meal, give the stomach five hours' work, which, in its weak state, requires a much longer time to perform than at an earlier hour of the day, it is like imposing upon a servant a full day's labor just at the close of a hard day's work; hence the unwisdom of eating heartily late in the day or evening; and no wonder it has cost many a man his life. Always breakfast before work or exercise.

No laborers or active persons should eat an atom later than sun-down, and then it should not be over half the midday meal. Persons of sedentary habits or who are at all ailing, should take absolutely nothing for supper beyond a single piece of cold stale bread and butter, or a ship-biscuit, with a single cup of warm drink. Such a supper will always give better sleep and prepare for a heartier breakfast, with the advantage of having the exercise of the whole day to grind it up and extract its nutriment. Never eat without an inclination.

QUANTITY.—It is variety which tempts to excess; few will err as to quantity who will eat very slow. Take no more than a quarter of a pint of warm drink, with a piece of cold stale bread and butter, one kind of meat, and one vegetable, or one kind of fruit. This is the only safe rule of general application, and allows all to eat as much as they want.

Cold water at meals instantly arrests digestion, and so will much warm drink; hence a single tea-cup of drink, hot or cold, is sufficient for any meal.

For half an hour after eating sit erect, or walk in the open air. Avoid severe study or deep emotion, soon after eating. Do not sit down to a meal under great grief or surprise, or mental excitement.

HEALTH TRACT, No. 33.

D Y S P E P S I A .

DYSPEPSIA is the inability of the stomach to prepare from the food eaten the nourishment requisite to sustain the body, and to supply it with pure blood, which, in its impure, unnatural condition, is sent to every fiber of the system; hence there is not a square inch of the body which is not liable to be affected with uneasiness or actual pain, and that portion will suffer most which has been previously weakened, or diseased, or injured in any way. Hence among a dozen dyspeptics, no two will have the same predominant symptoms, either in nature or locality; and as these persons differ further in age, sex, temperament, constitution, occupation, and habits of mind and body, it is the height of absurdity to treat any two dyspeptics precisely alike; hence the failure to cure in many curable cases.

Dyspeptics of high mental power and of a bilious temperament, are subject to sick-headache; those who are fat and phlegmatic, have constipation and cold feet; while the thin and nervous have horrible neuralgias, which make of life a continued martyrdom, or they are abandoned to forebodings so gloomy, and even fearful sometimes, as to eat out all the joy of life, and make death a longed-for event. Some dyspeptics are wonderfully forgetful; others have such an irritability of temper as to render companionship with them, even for a few hours, painful, while there is such a remarkable incapacity of mental concentration, of fixedness of purpose, that it is impossible to secure any connected effort for recovery.

There are some general principles of cure applicable to all, and which will seldom fail of high advantages.

1. The entire body should be washed once a week with soap, hot water, and a stiff brush.
2. Wear woolen next the skin the year round, during the daytime only.
3. By means of ripe fruits and berries, coarse bread, and other coarse food, keep the bowels acting freely once in every twenty-four hours.
4. Under all circumstances, keep the feet always clean, dry, and warm.
5. It is most indispensable to have the fullest plenty of sound, regular, connected, and refreshing sleep in a clean, light, well-aired chamber, with windows facing the sun.
6. Spend two or three hours of every forenoon, and one or two of every afternoon, rain or shine, in the open air, in some form of interesting, exhilarating, and unwearying exercise—walking, with a cheering and entertaining companion is the very best.
7. Eat at regular times, and always slowly.
8. That food is best for each which is most relished, and is followed by the least discomfort. What may have benefited or injured one, is no rule for another. This eighth item is of universal application.
9. Take but a teacupful of any kind of drink at one meal, and let that be hot.
10. Confine yourself to coarse bread of corn, rye, or wheat—to ripe, fresh, perfect fruits and berries, in their natural state—and to fresh lean meats, broiled or roasted, as meat is easier of digestion than vegetables. Milk, gravies, pastries, heavy hot bread, farinas, starches, and greasy food in general, aggravate dyspepsia by their constipating tendencies.
11. It is better to eat at regular times as often as hungry, but so little at once, as to occasion no discomfort whatever.
12. Constantly aim to divert the mind from the bodily condition, in pleasant ways; this is half the cure in many cases.

HOW TO EAT.

BEFORE a man becomes hungry, watchful nature has calculated, in her way, how much nutriment the body needs, and provides as much of a liquid substance as will be necessary to prepare from the food which may be eaten, that amount of sustenance which the system may require. When this is stored up, and all is ready, the sensation of hunger commences, and increases with the steadily increasing amount of the digesting material just referred to, and the very instant the first mouthful of food is swallowed, this "gastric juice" is poured out into the stomach through a thousand sluices; but no more has been prepared than was necessary, for Nature does nothing in vain; so that if a single mouthful more of food has been swallowed than the untempted or unstimulated appetite would have called for, there is no gastric juice for its solution, and it remains but to fret and worry and irritate for hours together. If the amount eaten is much in excess, the stomach, as if in utter discouragement at the magnitude of its task, ceases its attempts at digestion, and forthwith commences the process of ejecting the unnatural load by means of nausea and vomiting in some cases; in others, it remains for an hour or more like a weight, a hard round ball, or a lump of lead, an uneasy heaviness; then it begins to "sour," that is, to decompose, to rot, and the disgusting gas or liquid comes up into the throat, causing more or less of a scalding sensation from the pit of the stomach to the throat; this is called "heartburn." At length, the half-rotted mixture is forced out of the mouth by the outraged stomach with that horrible odor and taste with which every glutton is familiar. In some cases the stenchy mass is passed out of the stomach downwards, causing, in its progress, a gush of liquid from all parts of the intestinal canal, to wash it, with a flood, out of the system; this is the "Diarrhea" which surprises the gourmand at midnight or in the early morning hours, when a late or over-hearty meal has been eaten. When sufficient food has been taken for the amount of gastric juice supplied, hunger ceases, and every mouthful swallowed after that, no gastric juice having been prepared for its dissolution, remains without any healthful change, inflaming, and irritating, and exhausting the stomach by its efforts to get rid of it, and this is the first step towards forming "dyspepsia," which becomes more and more deeply fixed by every repeated outrage, until at length it remains a life-time worry to the mind, filling it with horrible imaginings, and a wearing wasting torture to the body, until it passes into the grave.

The moral of the article is, that the man who "forces" his food, he who eats without an inclination, and he who strives by tonics, or bitters, or wine, or other alcoholic liquors, to "get up" an appetite, is a sinner against body and soul—a virtual suicide!

DRINKING.

MAN is the only animal that drinks without being thirsty, swallowing whole quarts of water when Nature does not call for it, with the alleged view of "washing out" the system. When persons are thirsty, that thirst should be fully assuaged with moderately cool water, drank (in summer time or under great bodily heat or fatigue) very leisurely, but not within half an hour of eating a regular meal. Eminent physiologists agree that drinking at meals dilutes the gastric juice, diminishes its solvent power, and retards digestion, especially if what is drank is cold. Persons in vigorous health, and who work or exercise a great part of every day in the open air, may drink a glass of water, or a single cup of weak coffee or tea, at each meal, and live to a good old age. But it is very certain that sedentary persons and invalids can not go beyond that habitually, with impunity. The wisdom of such consists in drinking nothing at all at the regular meals beyond a swallow or two at a time of some hot drink of a mild and nutritious character. Feeble persons will be benefited by hot drinks, because they warm up the body, excite the circulation, and thus promote digestion, if taken while eating, and not exceeding a cupful.

Cold water ought never to be drank within half an hour of eating; for the colder it is, the more instantly does it arrest digestion, not only by diluting the gastric juice, but by reducing its temperature, which is near one hundred degrees. Ice-water is something over thirty-two degrees, and, when swallowed, mixes with the gastric juice, and lowers its temperature, not to be elevated until heat enough has been withdrawn from the general system; and that draft must be made until the hundred degrees of warmth are attained: but some persons have so little vitality, that the body exhausts itself in its instinctive efforts to help the stomach, from which its life and strength come; and the person rises from the table with a cold chill running down the back or over the whole body. Sometimes these drafts upon the body for warmth to the stomach are so sudden and great, that they can not be met, and instantaneous death is the result. Many a person has dropped dead at the pump or at the spring; such a result is more certain if, in addition to the person being very warm at the time of drinking, there is also great bodily fatigue. A French general recently fell dead from drinking cold water on reaching the top of a mountain over-heated and exhausted in the effort of bringing up his battalions with promptitude. Under all circumstances of heat or fatigue, the glass of water should be grasped in the hand, held half a minute, then, taking not over two swallows, rest a quarter of a minute; then two swallows more, and so on, until the thirst is *nearly* assuaged. It will seldom happen that a person is inclined to take over half a dozen swallows thus.

No case is remembered in the practice of a quarter of a century, where malt liquors, wines, brandies, or any alcoholic drinks whatever, have ever had a permanent good effect in improving the digestion. Apparent advantages sometimes result, but they are transient or deceptive. If there is no appetite, it is because Nature has provided no gastric juice; and that is the product of Nature, not of alcohol. If there is appetite but no digestive power, liquor no more supplies that power than would the lash give strength to an exhausted donkey. If torture does arouse the sinking beast, it is only that it shall fall a little later into a still greater exhaustion from which there is no recovery; so with the use of liquor and tobacco as whetters of the appetite, when at length the desire for the accustomed stimulus ceases, and the man "sickens;" there is no longer a relish for the dram and the chew, and life fades apace, either in a stupor from which there is no awaking, or by wasting and uncontrollable diarrhea.

NOTHING BUT A COLD.

THE immediate cause of a vast number of cases of disease and death is a "cold;" it is that which fires a magazine of human ills; it is the spark to gunpowder. It was to a cold taken on a raw December day, that the great Washington owed his death. It was a common cold, aggravated by the injudicious advice of a friend which ushered in the final illness of Washington Irving. Almost any reader can trace the death of some dear friend to a "little cold."

The chief causes of cold are two: 1st, cooling off too soon after exercise; 2d, getting thoroughly chilled while in a state of rest without having been overheated; this latter originates dangerous pleurisies, fatal pneumonias (inflammation of the lungs,) and deadly fevers of the typhoid type.

Persons in vigorous health do not take cold easily; they can do with impunity what would be fatal to the feeble and infirm. Dyspeptic persons take cold readily, but they are not aware of it, because its force does not fall on the lungs, but on the liver through the skin, giving sick-headache; and close questioning will soon develop the fact of some unusual bodily effort, followed by cooling off rapidly.

A person wakes up some sunny morning, and feels as if he had been "pounded in a bag;" every joint is stiff, every muscle sore and a single step can not be taken without difficulty or actual pain. Reflection will bring out some unwonted exercise, and a subsequent cooling off before knowing it—as working in the garden in the spring-time; showing new servants "how to do," by turning themselves into chambermaids, waiters at table, and pastrycooks, Bridget being 'cute enough not to learn, "on purpose," (why should she, when she is paid full wages to oversee her mistress!) in going a "shopping," the particular pest of city husbands—an expedition which taxes the mind and body to the utmost; the particular shade of a ribbon, the larger or smaller size of a "figure" on a calico dress, or a camel's hair shawl; whether the main flower of a bonnet shall be "Jimpson" or a rose-bud; whether the jewelry shall sport a Cupid's arrow or a snake's head; these and similar debatable points on a thousand "little nothings," rouse their minds to a pitch of interest and excitement scarcely excelled by that of counselors of state in determining the boundaries of empires or the fate of nations.

Of course they went out upon that expedition dressed within an inch of life, as if for a ball, an opera, or a court reception, to return home exhausted in body, depressed in mind, and thoroughly heated; the first thing done is to toss down a glass of water to cool off the inner — woman; next to lay aside bonnet, shawl, and "best dress," to cool the outer; then to "blaze away at every body in general, and the poor unfortunate husband in particular, if he has not had the gumption before then, to learn to give a wide berth on such occasions, to cool the upper — man: and lastly, to put on a cold dress, lie down on a bed in a fireless room, and fall asleep, to wake up with infinite certainty, to a bad cold, which is to confine to the chamber for days and weeks together, and not unseldom, carries them to the grave!

A little attention would avert a vast amount of human suffering in these regards. Sedentary persons, invalids, and those in feeble health, should go directly to a fire after all forms of exercise, and keep all the garments on for a few minutes; or, if in warm weather, to a closed apartment, and, if any thing, throw on an additional covering. When no appreciable moisture is found on the forehead, the out-door garments may be removed. The great rule is, cool off very slowly always after the body has in any manner been heated beyond its ordinary temperature.

HEALTH TRACT, No. 37.

PRECAUTIONS.

1. NEVER sleep in a room where there is any green paper on the walls, as this color is made of arsenic or lead ; the former is by far the most dangerous, being scheeles green, and is known positively by a drop of muriatic acid on the green leaving it white.

2. White glazed visiting-cards contain sugar of lead, and will poison a child who is tempted to chew them from the slight sweetish taste.

3. Green glazed cards used for concert-tickets, are still more poisonous ; a single one of them contains a grain and a half of arsenic, enough to kill a child.

4. Never put a pin in the mouth or between the teeth, for a single instant, because a sudden effort to laugh or speak, may convey it into the throat, or lungs, or stomach, causing death in a few minutes, or requiring the windpipe to be cut open to get it out ; if it has passed into the stomach, it may, as it has done, cause years of suffering, ceasing only when it has made its way out of the body through the walls of the abdomen or other portion of the system.

5. It is best to have no button or string about any garment worn during the night. A long, loose night-gown is the best thing to sleep in. Many a man has facilitated an attack of apoplexy by buttoning his shirt-collar.

6. If you wake up of a cold night, and find yourself very restless, get out of bed, and standing on a piece of carpet or cloth of any kind, spend five or ten minutes in rubbing the whole body vigorously and rapidly with the hands, having previously thrown the bed clothing towards the foot of the bed so as to air both bed and body.

7 If you find that you have inadvertently eaten too much, instead of taking something to settle the stomach, thus adding to the load under which it already labors, take a continuous walk with just enough activity to keep up a very slight moisture or perspiration on the skin, and do not stop until entirely relieved, but end your exercise in a warm room, so as to cool off very slowly.

8. Never put on a pair of new boots or shoes on a journey, especially on a visit to the city ; rather wear your easiest, oldest pair, otherwise you will soon be painfully disabled.

9. A loosely-fitting boot or shoe, while traveling in winter, will keep the feet warmer, without any stockings at all, than a tight pair, over the thickest, warmest hose.

10. Riding against a cold wind, immediately after singing or speaking in public, is suicide.

11. Many public speakers have been disabled for life by speaking under a hoarseness of voice.

12. If you happen to get wet in cold weather, keep moving on foot with a rapidity sufficient to keep off a feeling of chilliness until you get into a house, and not waiting to undress, drink instantly and plentifully of hot tea of some sort ; then undress, wipe dry quickly, and put on warm, dry clothing.

13. Never go to bed with cold feet, if you want to sleep well.

14. If a person faints, place him instantly flat on a bed, or floor, or earth, on his back, and quietly let him alone at least for ten minutes ; if it is simply a fainting-fit, the blood, flowing on a level will more speedily equalize itself throughout the system ; cold water dashed in the face, or a sitting position are unnecessary and pernicious.

15. Never blow your nose, nor spit the product of a cough, nor throw a fruit-peel on the sidewalk.

HEALTH TRACT, No. 38.

HEALTHFUL OBSERVANCES.

1. To eat when you do not feel like it is brutal, nay, this a slander on the lower animals, they do not so debase themselves.

2. Do not enter a sick-chamber on an empty stomach, nor remain as a watcher or nurse until you feel almost exhausted, nor sit between the patient and the fire, nor in the direction of a current of air from the patient toward yourself, nor eat or drink any thing after being in a sick-room until you have rinsed your mouth thoroughly.

3. Do not sleep in any garment worn during the day.

4. Most grown persons are unable to sleep soundly and refreshingly, over seven hours in summer, and eight in winter; the attempt to force more sleep on the system by a nap in the daytime, or a "second nap" in the morning, renders the whole of the sleep disturbed and imperfect.

5. Some of the most painful "stomach aches" are occasioned by indigestion, this generates wind, and hence distension. It is often promptly remedied by kneading the abdomen with the ball of the hand, skin to skin, from one side to another, from the lower edge of the ribs downwards, because the accumulated air is forced on and outwards along the alimentary canal.

6. When you return to your house from a long walk or other exhaustive exercise, go to the fire or warm room, and do not remove a single article of clothing until you have taken a cup or more of some kind of hot drink.

7. In going into a colder atmosphere, keep the mouth closed, and walk with a rapidity sufficient to keep off a feeling of chilliness.

8. Two pair of thin stockings will keep the feet warmer than one pair of a greater thickness than both.

9. The "night sweats" of disease come on towards daylight, their deathly clamminess and coldness is greatly modified by sleeping in a single, loose, long woolen shirt.

10. The man or woman who drinks a cup of strong tea or coffee, or other stimulant, in order to aid in the better performance of any work or duty, public or private, is a fool, because it is to the body and brain an expenditure of what is not yet got; it is using power in advance, and this can never be done, even once, with impunity.

11. The less a man drinks of any thing in hot weather the better, for the more we drink the more we want to drink, until even ice-water palls and becomes of a metallic taste; hence the longer you can put off drinking cold water on the morning of a hot day, the better will you feel at night.

12. Drinking largely at meals, even of cold water or simple teas, is a mere habit and is always hurtful. No one should drink at any one meal more than a quarter of a pint of any liquid, even of cold water, for it always retards, impairs, and interferes with a healthful digestion.

13. If you sleep at all in the daytime, it will interfere with the soundness of your sleep at night much less, if the nap be taken in the forenoon.

14. A short nap in the daytime may be necessary to some. Let it not exceed ten minutes, to this end sleep with the forehead resting on a chair-back or edge of the table.

15. Never swallow an atom of food while in a passion, or if under any great mental excitement, whether of a depressing or elevating character; brutes won't do it.

HEALTH TRACT, NO. 39.

PRESENCE OF MIND.

1. If a man faints, place him flat on his back and let him alone.
2. If any poison is swallowed, drink instantly half a glass of cool water with a heaping teaspoonful each of common salt and ground mustard stirred into it; this vomits as soon as it reaches the stomach; but for fear some of the poison may still remain, swallow the white of one or two raw eggs or drink a cup of strong coffee, these two being antidotes for a greater number of poisons than any dozen other articles known, with the advantage of their being always at hand; if not, a half-pint of sweet-oil, or lamp-oil, or "drippings," or melted butter or lard are good substitutes, especially if they vomit quickly.
3. The best thing to stop the bleeding of a moderate cut instantly, is to cover it profusely with cob-web, or flour and salt, half-and-half.
4. If the blood comes from a wound by jets or spirts, be spry, or the man will be dead in a few minutes, because an artery is severed; tie a handkerchief loosely around near the part *between the wound and the heart!!* put a stick between the handkerchief and the skin, twist it round until the blood ceases to flow, and keep it there until the doctor comes; if in a position where the handkerchief can not be used, press the thumb on a spot near the wound, *between the wound and the heart*; increase the pressure until the bleeding ceases, but do not lessen that pressure for an instant, until the physician arrives, so as to glue up the wound by the coagulation or hardening of the cooling blood.
5. If your clothing takes fire, slide the hands down the dress, keeping them as close to the body as possible, at the same time sinking to the floor by bending the knees; this has a smothering effect on the flames; if not extinguished, or a great headway is gotten, lie down on the floor, roll over and over, or better, envelop yourself in a carpet, rug, bed-cloth, or any garment you can get hold of, always preferring woolen.
6. If a man asks you to go his security, say, "No," and run; otherwise you may be enslaved for life, or your wife and children may spend a weary existence, in want, sickness, and beggary.
7. If you find yourself in possession of a counterfeit note or coin, throw it in the fire on the instant; otherwise you may be tempted to pass it, and may pass it, to feel mean therefor, as long as you live, then it may pass into some man's hands as mean as yourself, with a new perpetration of iniquity, the loss to fall eventually on some poor struggling widow, whose "all" it may be.
8. Never laugh at the mishaps of any fellow mortal.
9. The very instant you perceive yourself in a passion shut your mouth; this is one among the best precepts outside of inspiration.
10. The man who always exacts the last cent, is always a mean man; there is no "evacuant" in all the "Materia Medica" efficient enough to "purge" him of his debasement; he is beyond druggery.
11. Never affect to be "plain" or "blunt;" these are the synonyms of brutality and boorishness; such persons are constantly inflicting wounds which neither time nor medicine can ever heal.
12. Never be witty at another's expense; true generosity never dwelt in such a heart; it only wants the opportunity to become a cheat or a rogue.
13. If the body is tired, rest; if the brain is tired, sleep.
14. If the bowels are loose, lie down in a warm bed, remain there, and eat nothing until you are well.
15. If an action of the bowels does not occur at the usual hour, eat not an atom until they do act, at least for thirty-six hours; meanwhile drink largely of cold water or hot teas, and exercise in the open air to the extent of a gentle perspiration, and keep this up until things are righted; this one suggestion, if practiced, would save myriads of lives every year, both in city and country.
16. The three best medicines in the world are warmth, abstinence, and repose.

WHAT TO EAT, AND WHEN.

WHEN a piece of land is exhausted of the element which is the principal ingredient of a certain crop, that ingredient must be supplied, or the crop will fail in quantity and in quality; hence the thrifty farmer ascertains the wants of the soil, and supplies it with the needed manure every year. The human body is exhausted of its elements day by day, and day by day must these elements be supplied by what we eat and drink; but the required proportion of these elements changes with the seasons, with the temperature of the weather, and he who eats the same in quantity and quality in July as at Christmas, will die in a month, because the adult eats for two reasons—to warm and to nourish. All food contains two chief principles: Carbon, to keep from freezing; Nitrogen, to keep from famishing. The proportion of these elements varies with the food. Those who work a great deal, require a great deal of nourishment, of nitrogen, for it is the flesh-forming principle. Those who are exposed a great deal to the cold should eat the carbonaceous, the heat-supplying food. Butter and fat are three fourths carbon; vegetables have but little, berries none. Hence Greenlanders in their icy homes luxuriate in blubber and whale-oil, while the people of the sunny South revel in oranges and bananas, on the plantain and the peach, on dates and figs, on lemons, tamarinds, pine-apples, etc. We who live in latitudes between, are permitted the diet of the Polar Sea and the tropics, in their season. A wise man will take but little carbonaceous food on a suddenly hot day; but if suddenly cold, it is best for him to eat more of fuel-making food. An infinite number of fevers and of colds would be avoided if timely attention were paid to these things. By the aid of these statements, the following tables may be used to great advantage, showing the amount of carbon, or heat-forming principle, in several articles of food. There is not one per cent of nitrogen, or flesh-forming principle, in fruits, berries, and the more common vegetables. Meats have about fifteen per cent. The meats average twenty-five per cent of nutriment, that is, including both carbon and nitrogen. Of all meats, mutton is the most nutritious—thirty per cent; fish least, twenty per cent. Of all vegetables, white beans are the most nutritious, ninety-five per cent; wheat-flour, ninety per cent; turnips, the least, five per cent. Of fruits, plums are the most nutritious, thirty per cent; apples, seventeen; melons and cucumbers, three, the rest being mere water and waste. The more waste, the more open the bowels are.

Percentage of Carbon.	Percentage of Carbon.	Percentage of Carbon.
Apricots, 0	Potatoes, 11	Wheat Bread, 40
Berries, 0	Lean Meat, 13	Sugar, 42
Cherries, 0	Rye Bread, 31	Apples, 45
Currants, 0	Gum Arabic, 36	Meats, Fat, 53
Turnips, 3	Arrow-Root, 36	Butter, 65
Artichokes, 9	Green Peas, 36	Soup, 75
Blood, 10	Starch, 37	Lard, 80
Milk, 10	Lentils, 37	Beans, 88

SICK HEAD-ACHE

Is sickness at stomach, a tendency to vomit, combined with pain in some part of the head, generally the left side. It is caused by there being too much bile in the system, from the fact that this bile is manufactured too rapidly, or is not worked out of the system fast enough by steady, active exercise. Hence sedentary persons, those who do not walk about a great deal, but are seated in the house nearly all the time, are almost exclusively the victims of this distressing malady. It usually begins soon after waking up in the morning, and lasts a day or two or more. There are many causes; the most frequent is, derangement of the stomach by late and hearty suppers; by eating too soon after a regular meal, (five hours should, at least, intervene;) eating without an appetite; forcing food; eating after one is conscious of having had enough; eating too much of any favorite dish; eating something which the stomach can not digest, or sour stomach. Any of these things may induce sick head-ache; all of them can be avoided. Over-fatigue or great mental emotion of any kind, or severe mental application, have brought on sick head-ache, of the most distressing character, in an hour; it is caused by indulgence in spirituous liquors. When a person has sick head-ache, there is no appetite; the very sight of food is hateful; the tongue is furred; the feet and hands are cold, and there is a feeling of universal discomfort, with an utter indisposition to do any thing whatever. A glass of warm water, into which has been rapidly stirred a heaping tea-spoon each of salt and kitchen mustard, by causing instantaneous vomiting, empties the stomach of the bile or undigested sour food, and a grateful relief is often experienced on the spot; and rest, with a few hours of sound, refreshing sleep, completes the cure, especially if the principal part of the next day or two is spent in mental diversion and out-door activities, not eating an atom of food (but drinking freely of cold water or hot teas) until you feel as if a piece of plain, cold bread and butter would "taste really good." Nine times in ten the cause of sick head-ache is in the fact, that the stomach was not able to digest the food last introduced into it, either from its having been unsuitable, or excessive in quantity. When the stomach is weak, a spoonful of the mildest, blandest food would cause an attack of sick head-ache, when ten times the amount might have been taken in health, not only with impunity but with positive advantage.

Those who are "subject to sick head-ache" eat too much and exercise too little, and have cold feet and constipation. (See Health Tracts Nos. 21 and 22.) A diet of cold bread and butter, and ripe fruits or berries, with moderate continuous exercise in the open air, sufficient to keep up a very gentle perspiration, would, of themselves, cure almost every case within thirty-six hours. Two teaspoonfuls of pulverized charcoal, stirred in half a glass of water, and drank, generally gives instant relief.

HEALTH'S THREE ESSENTIALS.

All who are now in health can keep well, and three out of four of those suffering from the common transient ailments of life can be perfectly cured by giving a steady, judicious attention to the three following rules :

RULE FIRST.

Never eat between meals, nor take any thing for supper but a single piece of cold bread and butter, and a glass of water, or one cup of any kind of hot drink.

RULE SECOND.

Secure one regular, free, and full daily action of the bowels every morning after breakfast, by the use of your ordinary food ; (see Health Tract No. 22 ;) and to this end, do not leave your home under any pretense, for a single moment, until there is an inclination to stool ; then, as you value a long and healthful life, do not defer the call for a single second of time, for any thing short of a fire or a fit ; rather cherish the inclination. If it does not come within half-an-hour of the regular time, solicit nature. If unsuccessful, do not eat an atom of any thing until the passage is secured, or at least until next morning. Meanwhile, drink as much cold water, or hot tea, as you desire, and keep exercising (tenfold better if in the open air) to the extent of sustaining a scarcely perceptible perspiration for the greater part of the day ; for it must strike you, that if food is steadily passed into the mouth, and there is no corresponding outlet, harm is absolutely inevitable. If, during the second day, the bowels do not move, call in a regularly educated physician.

RULE THIRD.

Cool off very slowly after all forms of exercise ; the neglect of this lights up the fires of three fourths of all the diseases which afflict humanity. Cool off slowly by putting on more clothing than while exercising, instead of laying aside some, even a hat or a bonnet ; go to a closed room rather than sit or stand out of doors ; sit by a good fire rather than an open window ; at all events keep in motion in such a way as to allow the perspiration, or any extra warmth, to disappear very gradually indeed.

If a fourth rule were added, it should be to keep one end of the body, the feet, always dry and warm, (see Health Tract No. 21,) and the other, the head, cool and clean, by spending two minutes in midwinter, and five or more in midsummer, in washing, with ordinary cold water, the scalp, if the hair is short, the ears, neck, throat, arm-pits, upper part of chest and arms ; rub dry briskly, dress quickly, and go to breakfast.

These same observances (the first three) will incalculably mitigate every disease to which mortal man is subject—will moderate every pain, and will soothe every sigh ; and a pity is it beyond expression, that every human creature does not know and habitually practice them.

PREMONITIONS.

AN incalculable amount of sickness, suffering, and premature death would be avoided every year, if we could be induced to heed the warnings, the premonitions, which kindly nature gives of the coming on of the great enemy, disease. Many a mother especially, has lost a darling child, to her life-long sorrow, by failing to observe the approach of disease, in some unusual act or circumstance connected with her offspring.

1. If an adult or child wakes up thirsty in the morning, however apparently well at the moment, or the preceding evening, there will be illness before noon always, infallibly. It is generally averted by remaining warm in bed, in a cool, well-ventilated room, eating nothing, but drinking plentifully of some hot tea all day; some little may be eaten in the afternoon by a child. But as long as a person wakes with thirst in the morning, there is an absence of health—there is fever.

2. If, when not habitual to him, one is waked up early in the morning by an inclination to stool, especially if there is a feeling of debility afterwards, it is the premonition of diarrhea, summer complaint, dysentery, or cholera. There should be perfect quietude, etc., as above; in addition, a piece of warm, thick, woolen flannel should be wrapped tightly around the abdomen, (belly;) the drink should be boiled milk; or far better, eat pieces of ice all the time, and thus keep the thirst perfectly subdued; eat nothing but boiled rice, corn starch, sago, or tapioca, and continue all these until the tiredness and thirst are gone, the strength returned, and the bowels have been quiet for twelve hours, returning slowly to the usual activities and diet.

3. If a child is silent, or hangs around its mother to lay its head on her lap, or is most unusually fretful, or takes no interest in its former amusements, except for a fitful moment at a time, it is certainly sick, and not slightly so. Send at once for a physician, for you can't tell where or in what form the malady will break out; and in children especially, you can never tell where any particular ailment will end.

4. When there is little or no appetite for breakfast, the contrary having been the case, the child is sick, and should be put to bed, drinking nothing but warm teas, eating not an atom until noon, then act according to developments.

5. If a child manifests a most unusual heartiness for supper, for several nights in succession, it will certainly be sick within a week, unless controlled.

6. If there is an instantaneous sensation of sickness at stomach, during a meal, eat not a particle more; if just before a meal, omit it; if after a meal, go out of doors, and keep out in active exercise for several hours, and omit the next meal, for all these things indicate an excess of blood or bile, and exercise should be taken to work it off, and abstinence, to cut off an additional supply, until the healthful equilibrium is restored.

7. A kind of glimmer before the eyes, making reading or sewing an effort, however well you may feel, will certainly be followed by head-ache or other discomfort, for there is too much blood, or it is impure; exercise it off in the open air, and omit a meal or two.

8. If you are not called to stool at the accustomed hour, (except when traveling, then let things take care of themselves—do nothing,) eat not an atom until it is done, for loss of appetite, or nausea, or loose bowels, or biliousness, is certainly impending. Exercise freely out of doors, and drink cold water or hot teas to the fullest desired extent.

9. If there is a most unnatural indisposition to exertion, you need rest, quiet, and abstinence; exercise in weariness never does any good, always harm. But if causelessly despondent, or there is a general feeling of discomfort, the blood is bad, warm the feet, unload the bowels, eat nothing for twelve hours, and be out of doors all day.

10. If, without any known cause, or special pain, you are exceedingly restless, can not sleep, or if you do, it is dreamy, disturbed, or distressing, you have eaten too much, or are on the verge of some illness. Take nothing next day but hot drinks and toasted bread, and a plenty of out-door exercise. In all these cases, a thorough washing with soap and hot water, and vigorous bodily friction, greatly expedite restoration.

NEURALGIA,

FROM two Greek words, *Neuros*, nerve, and *Algos*, pain; means nerve-pain; but as there is no pain except in connection with the nerves, every pain or ache in the body is really "neuralgia." Ailments are generally named from the part affected, or the nature of the malady. "Head-ache," because the pain is in the head. "Pleuritis," or pleurisy, because there is inflammation, too much arterial blood in the *pleura*, or covering of the lungs. Neuralgia is always caused by bad blood; bad, because too poor or too much of it; too poor, because there is not exercise and pure air enough to secure a good digestion, and the person is thin and pale; too much blood, because there is too much eating, and the bowels not acting every day, more is taken into the system than passes from it, and it is too full. The person may be fleshy enough, and does not appear sick at all. For a week, live on cold bread and butter, fruits, and cold water. Take an enema of a pint or more of tepid water daily, and spend the whole of daylight in active exercise in the open air, and the neuralgia will be gone in three cases out of four—the feet being kept warm, and the whole body most perfectly clean. There are two kinds of neuralgia, sharp and dull; both caused by there being too much blood in or about the nerve. Perhaps arterial blood gives the sharp, venous blood the dull or heavy pain. In either case, the pain is of all forms of intensity, from simple discomfort to an agony almost unendurable. In the more fleshy parts, the pain is less severe, since the soft flesh yields before the distending nerve; distended by more and more blood getting into it, until it is occasionally three times its usual size; but when the nerve is in a tooth, or between two bones, or passes through a small hole in the bone, as in the face, or "facial neuralgia," which is neuralgia proper, or the *Tic Douloureux* of the French, the suffering is fearful, because there is no room for distension, and every instant, the heart, by its beating, plugs more blood into the invisible blood-vessels of the nerves. But in any such case, open a blood-vessel in the arm or elsewhere, until the person is on the very point of fainting, and the most excruciating neuralgia is gone in an instant, because the heart ceases to send on blood, and the blood already in a part, as naturally, flows out of it, as water naturally flows out of an uncorked bottle, on its side. Hence, a skin kept clean by judicious washings and frictions, helps, by its open pores, to unload the system of its surplus; the bowels kept free by fruits, berries, coarse bread, and cold water, is another source of deliverance of excess. While these articles of food supply but a moderate amount of nourishment, in addition, active exercise still more rapidly works off the surplusage of the system, and the man is well; not as soon as by the bleeding, but by a process more effective, more certain, more enduring, and without harm or danger. Hence, there is no form of mere neuralgia, which is not safely and permanently cured in a reasonable time by strict personal cleanliness, by cooling, loosening food, as named, and by breathing a pure air in resting in our chambers at night, and in moderate labor out of doors during the hours of daylight. Those who prefer uncertain physic or stimulants to these more natural remedies, are unwise, and ought to have neuralgia—a little.

HEALTH TRACT, No. 45.

From "SLEEP," by Dr. W. W. Hall, 42 Irving Place, New-York. \$1.25.

PRIVATE THINGS.

If the urine is retained too long, the bladder becomes heated and inflamed, and loses its power; the inflammation then becomes more and more intense, and death takes place in two or three days. Hence, children should be taught to urinate the last thing before going to bed at night, and before leaving home for several hours, or going on a journey. The modesty of persons riding in stages has repeatedly resulted in death in this connection. As persons grow older, the call to urinate becomes more and more frequent. As early as fifty, it is necessary to arise several times during the night for that purpose; hence a vessel in the chamber of a guest is as indispensable as bed-clothing. The warmer the weather, the less the urine, and the more high colored, because so much of the water of the system escapes by perspiration through the pores of the skin; hence, they who labor most, urinate less than the sedentary. The color and quantity of urine depend so much on the greater or less amount of exercise, on the relative amount of food and drink, the quantity and quality of the latter, and the temperature of the weather, that none but a physician should draw conclusions therefrom as to the state of the health. Hence, do not inspect the urine; and make it an imperative rule to give instant attention to a call. In males, attempts to urinate when the parts are turgid from any cause, rupture or stricture may result—a life-long calamity.

STOOLING.

Every moment an even slight inclination to stool is resisted, the more watery particles begin to be absorbed into the blood again—a most filthy idea; and going on, that which is left behind becomes so dry and hard that it is impossible to void it, and the physician has to be called to spade it out with the handle of a spoon. The world-renowned surgeon, Dr. Valentine Mott, reports on one occasion having taken out eleven pounds from one individual. Costiveness is induced by deferring a call to stool to-day; to-morrow it comes later and later, until it occurs only two or three times a week. By this time health is impaired, piles are induced, falling of the bowels comes apace, so that whenever a passage occurs the pain is so insufferable, that it is necessary to lie down for several hours; or other ailments form, by which the excrements can not be controlled, and come away incessantly—a deplorable and disgusting condition!

These may be represented by cutting the rim of a purse, when the contents fall out of their own weight, often caused by straining too much, or remaining too long at stool, (five minutes are enough,) or by straining too suddenly when in a hurry. If a person finds, while on the privy-seat, that the excrements have begun to come, but there is reason to think that they are large and hard, it is infinitely best to introduce the finger carefully and take it out; there is nothing else you can do; a knife or stick would endanger wounding, while to strain on, would end in fissure.

The most consummate fools in nature are those who indulge outside of honorable wedlock, for lost self-respect and a blighted conscience to the end of life are inevitable results, while character is degraded, and in every case, even from a single fault, there is most imminent risk of a loathsome disease, which carries its baleful and degrading effects to generations yet unborn. The reflection is terrible. Self-indulgence brings on horrible bodily ailments, and destruction of the mind itself. See prevention and remedy in book above.

COFFEE-DRINKING.

How strong should coffee be taken? is an inquiry of much practical importance. How much should be taken at a meal? is scarcely of less moment. Coffee, like any other beverage, may wholly ruin the health; the very use of it tends to this ruin, as certainly as does the use of wine, cider, beer, or any other unnatural, stimulating drink. There is only one safe plan of using coffee, and that is, never, under any circumstances, except of an extraordinary character, exceed in quantity, frequency, or strength; take only one cup at the regular meal, and of a given, unvarying strength. In this way it may be used every day for a lifetime, not only without injury but with greater advantage than an equal amount of cold water, and for the simple reason that nothing cold should be drank at a regular meal, except by persons in vigorous health.

One pound of the bean should make sixty cups of the very best coffee. If a man takes coffee for breakfast only, one pound should last him two months, or six pounds a year.

One pound of coffee should be made to last a family of ten persons, young and old, one week. Put about two ounces of ground coffee in a quart of water, or rather divide the pound into seven portions, one for each breakfast in the week, and make a quart of coffee out of it, which will be sixty-four table-spoons. Give the youngest one table-spoonful and the oldest a dozen; the remainder of the one cup being filled up with boiled milk. This will give a cup of coffee sufficiently strong for all healthful purposes, for the respective ages; and for various reasons, pecuniary as well as physical, some such systematic plan as this should be adopted in every family in the land. How to make the cup of good coffee? is a third question. It is perhaps as good and as easy a plan as any to buy the coffee in the grain, pick out those that are imperfect, wash it, parch as much as will last a day or two, with your eye upon it all the time until it is of a rich brown, with no approach of black about it. Grind only enough for the day's use; grind it fine, for the greater the surface exposed to the hot water the more of the essence you will have; pour the boiling water on the coffee, close it up, boil it ten minutes, let it stand to clear ten minutes. Better still, pound it equally fine in a mortar with a wooden pestle.

THE THREE P'S.

PROMPTITUDE, PERSEVERANCE, AND PAINSTAKING.

At the close of the last century, a poor, awkward, uncouth boy entered London, but he was so long, lank, and ungainly, that he seemed fit only to be the drudge of a printing-office; run errands, bring water, sweep the floor, and the like. Already had poverty and the hardness of the world made him sour, un-hopeful, and despondent. Under less discouragements, many a youth has abandoned himself to an aimless life, having no higher aim than to live but for the day; or, worse still, has plunged headlong into all the extravagances and indulgences connected with thriftlessness and crime. But the boy had vigorous health; this imparted to him a mental vim, a moral power, which soon showed itself to his employer. He was prompt, persevering, and painstaking; and with these three qualities, in spite of the fact that he was good at nothing, in every thing tolerable only, he made his patient way, step by step, to the woolsack of England, and lately died, (worth a million of dollars,) among the most honored men of his nation and age—Lord Chief-Justice Campbell. In this case, vigorous health was a mine of wealth; a better fortune than if he had been the heir of many thousands. And certain is it, that the world would be a happier world, and the men in it would be happier, better, and greater, if one tithe of the time, and care, and study which parents bestow on the accumulation of money to leave to their children, were devoted to the physical education and training necessary to secure a vigorous constitution. Of any two young men starting on the race of life, one poor but healthy, the other rich and effeminate, other things being equal, the chances for usefulness, honor, and a well-remembered name, are manifold in favor of the former. Who that reads this article will lay it down and resolve: "I will do more to leave to my children a vigorous constitution?"

Another element in the success of Lord Chief Justice Campbell was, that his employer seeing his dull nature, but noticing at the same time that when he had any thing to do, he went at it promptly, and with great painstaking kept at it until the work in hand was done, although done painfully slow, he patted him on the shoulder, always spoke cheerfully to him, and thus stimulated him to greater activities. How many a youth at school, how many an apprentice in the shop, how many a child in the family, has gone out in the night of a blighted life, who, with humane encouragements, might have lived usefully and died famous, let the passionate teacher and master and parent inquire, and do a little more patting on the shoulder.

A WARNING !!!

To Parents, Guardians, and Youth.

HUNDREDS of thousands of dollars have been made out of boys from fourteen to twenty, and bachelors, by the authors of books on physiology, with plates to stimulate prurient curiosity to an ungovernable pitch. Hundreds of thousands of these publications are sold and given away. Scarcely any youth can read one of them without imbibing the impression that he is the victim of certain things, which unless promptly corrected will soon and surely lead to results of the most appalling character. We are in the frequent receipt of letters from mere boys, who have spent from five to five hundred dollars, without having derived a "particle of benefit from the treatment," and in terms of the most abject self-abasement and almost utter hopelessness, inquiring if it is too late for them to be saved. Letters come in from all parts of the country, inquiring if we know any thing of this, that, and the other one who has written such a book, or of some "company," "association," or "society," with benevolent names, whose advertisements are found in village newspapers all over the land. Some of our exchanges have them, which would not insert them at any price, if their true nature were known. It may save us the trouble of answering divers letters, and the cost of divers postage-stamps, envelopes, and sheets of paper, to state, that this subject is connected with the hours of sleep, and sixty pages are devoted to its consideration, and its only safe remedy, costing nothing but the exercise of a vigorous will, in the observance of certain specified habits and modes of life, in our book entitled "SLEEP," \$1.25, or sent post-paid for \$1.37. In very many cases the fears and imaginations of youth are so wrought upon that they are led to steal the money requisite to fee the harpies who wrote the books. We know an individual who in a very few years has laid up a hundred and twenty-one thousand dollars in this connection. The main portion of our book, however, is devoted to sleep proper; the importance of sleeping soundly, in a pure atmosphere, and how to do it; the advantage to old and young of sleeping alone, on single beds in large rooms; the injury to a family's thrift and happiness resulting from the mother having her rest broken by infant children, and how to remedy it, healthfully and happily, for all parties. We wish we were able to give one of these books on "SLEEP" to every family in the nation, and place it on the shelf of all the libraries in Christendom, for certain are we that humanity would be happier thereby, and years would be added to the average of life, if the suggestions were carried out as to

1st. Securing sound, connected, and refreshing sleep every night.

2d. As to the best means of ventilating a sleeping-room, in which full one third of our entire existence is passed.

HYDROPHOBIA.

EMINENT Europeans have said that as many persons die of hydrophobia in winter as in summer. Persons frequently become hydrophobic after having been bitten by dogs and other animals, supposed to have been perfectly sound and well. In many cases the animal is killed instantly on having bitten a person, which person sometimes became hydrophobic, and sometimes not; sometimes within a month, at others not until two years have passed away. See JOURNAL OF HEALTH for July, 1857, where a man had been bitten by a dog nine months before, and had forgotten all about it, until reminded of it accidentally on Tuesday, May 26: on Friday following he died in horrible agonies from hydrophobia. From these statements important practical inferences should be drawn: First, never allude to hydrophobia in the presence of one who has been bitten by a dog; second, if bitten by any dog, at any season of the year, under any circumstances, whether the skin be penetrated or imperceptibly grazed by the animal's tooth, let the part be cupped, or sucked an hour by one or a succession of persons, who are most perfectly certain that there is not the slightest sore or abrasion any where about the lips or tongue. Meanwhile, administer an enema, wash the parts freely in spirits of hartshorn every half-hour for three hours, and then every hour for the remainder of the day, putting fresh hartshorn in a clean saucer on each occasion; if any thing at all is eaten, let it be of the lightest, simplest kind. The object of the hartshorn, which is the strongest alkali, is to neutralize the poison, which, like almost, if not all, bites, is acid. One of the objects in eating but little, is not to use the strength of the system in digesting the food, but rather let it be employed in repelling diseased influences. In the mean time, send for a physician. Rabid saliva has no effect whatever on *unbroken* skin. Mad dogs have perfectly lucid intervals. The great John Hunter knew twenty-one persons bitten, and only one became hydrophobic. Wasp and bee stings are generally innocuous, but occasionally are fatal in a few days, showing that some persons are insusceptible of the poison. Common-sense dictates an instant determination whether the dog is mad; if so, one or more of the following symptoms are exhibited in a very exaggerated degree: fidgety; sullen; importunately affectionate; hallucinated; ardently thirsty; scratches his ear violently; paws the corners of his mouth, *without* its being permanently open; misconducts himself, and partially recovering, licks the corners; refuses his natural food; appetite is depraved; is insensible to pain; voice always strangely altered. If the dog is actually mad, or it can not be decided with satisfactory certainty, it is almost a madness *not* to cauterize the part instantly with a white-hot iron, as this hurts less than if only red-hot, and is the only infallible remedy. Mad stones, whisky, ash-leaf infusions, drank most freely, have all often failed, proving that when their use was not followed by hydrophobia it was because the dog was only thought to be mad, or the system at the time was insusceptible to the poison, or the skin was unbroken. Madness begins in from two to twelve weeks, averaging from four to seven, rarely later than eight weeks.

RHEUMATISM

AFFECTS the joints, the hinges of the body, in such a way, that the slightest motion of the ailing part gives pain. A creaking hinge is dry, and turns hard. A single drop of oil to moisten it makes a wonderful change, and it instantly moves on itself with the utmost facility. Rheumatism is an inflammation of the surface of the joints. Inflammation is heat; this heat dries these surfaces; hence, the very slightest effort at motion gives piercing pain. In a healthy condition of the parts, nature is constantly throwing out a lubricating oil, which keeps the joints in a perfectly smooth and easy-working condition. Rheumatism is almost always caused—indeed, it may be nearer the truth to say, that it is always the result of a cold dampness. A dry cold, or a warm dampness, does not induce rheumatism. A garment, wetted by perspiration or rain, or water in any other form, about a joint, and allowed to dry while the person is in a state of rest, is the most common way of causing rheumatism. A partial wetting of a garment is more apt to induce an attack than if the entire clothing were wetted; because, in the latter case, it would be certainly and speedily exchanged for dry garments. The very moment a garment is wetted in whole or in part, change it, or keep in motion sufficient to maintain a very slight perspiration, until the clothing is perfectly dried.

The failure to wear woolen flannel next the skin, is the most frequent cause of rheumatism; for a common muslin or linen or silk shirt of a person in a perspiration, becomes damp and cold the instant a puff of air strikes it, even in mid-summer. This is not the case when woolen flannel is worn next the skin.

This troublesome affection is cured by keeping the joint affected wound around with several folds of woolen flannel; second, live entirely on the lightest kind of food, such as coarse breads, ripe fruits, berries, boiled turnips, stewed apples, and the like. If such things were eaten to the extent of keeping the system freely open, and exercise were taken, so that a slight moisture should be on the surface of the skin all the time; or if, in bed, the same thing were accomplished by hot teas and plentiful bed-clothing, a grateful relief and an ultimate cure will very certainly result in a reasonably short time. Without these, the disease will continue to torture for weeks and months and years.

Inflammatory rheumatism may, for all practical purposes, be regarded as an aggravated form of the common kind, extended to all the joints of the body, instead of implicating only one or two. For all kinds, time, flannel, warmth, with a light and cooling diet, are the great remedies.

AIR, SUNSHINE AND HEALTH.

A NEW-YORK merchant noticed, in the progress of years, that each successive book-keeper gradually lost his health, and finally died of consumption, however vigorous and robust he was on entering his service. At length it occurred to him that the little rear-room where the books were kept opened in a back-yard, so surrounded by high walls, that no sunshine came into it from one year's end to another. An upper room, well lighted, was immediately prepared, and his clerks had uniform good health ever after.

A familiar case to general readers is derived from medical works, where an entire English family became ill, and all remedies seemed to fail of their usual results, when accidentally a window-glass of the family-room was broken, in cold weather. It was not repaired, and forthwith there was a marked improvement in the health of the inmates. The physician at once traced the connection, discontinued his medicines, and ordered that the window-pane should not be replaced.

A French lady became ill. The most eminent physicians of her time were called in, but failed to restore her. At length Dupeyren, the Napoleon of physic, was consulted. He noticed that she lived in a dim room, into which the sun never shone; the house being situated in one of the narrow streets, or rather lanes of Paris. He at once ordered more airy and cheerful apartments, and "all her complaints vanished."

The lungs of a dog become tuberculated (consumptive) in a few weeks, if kept confined in a dark cellar. The most common plant grows spindly, pale, and scraggling, if no sunlight falls upon it. The greatest medical names in France, of the last century, regarded sunshine and pure air as equal agents in restoring and maintaining health.

From these facts, which can not be disputed, the most common mind should conclude that cellars, and rooms on the northern side of buildings, or apartments into which the sun does not immediately shine, should never be occupied as family-rooms or chambers or as libraries or "studies." Such apartments are only fit for "stowage," or purposes which never require persons to remain in them over a few minutes at a time. And every intelligent and humane parent will arrange that the family-room and the chambers shall be the most commodious, lightest and brightest apartments in his dwelling.

This whole subject is treated at length in the book on "SLEEP," by Dr. W. W. Hall, 42 Irving Place, New-York. \$1.25, or, post-paid, \$1.37.

CATARRH

Is a name given by the Greeks to ailments which throw off fluids in unnatural quantities; it means a "flowing from." These catarrhs are always originated by a cold taken in some way; and upon whatever part of the system the cold "falls," it is called a "catarrh" of that part. Hence, "catarrh of the head" when the eyes water a great deal; "nasal" catarrh when the "nose runs;" "catarrh of the chest" when a cold settles on the lungs and a large expectoration follows. Some persons who have "weak bowels" always have diarrhea; thin, watery, light-colored passages, or catarrh of the bowels, when a cold is taken.

The action of a catarrh is curative, and should be let alone, for it is nature's effort to carry off the disease; to wash it away, as it were. If nature were only left to herself in these cases, an incredible amount of suffering would be prevented, especially if nothing were eaten until relieved but bread and water; and if two or three hours in the forenoon and afternoon were spent in the open air, in bodily activities sufficient to promote and keep up a very gentle perspiration. But when there is a cough, or a troublesome running at the nose, or a watering of the eyes, with a fullness about the head and all over the body, indicating that a general cold has been taken, there is almost a mania for "taking something;" or, if the person has some medical knowledge, and even a small amount of common-sense, leading him to wait on nature, while he endeavors to aid her as just indicated, every second person he meets, exclaims, "Why don't you do something for it?" and he is brave indeed who resists steadfastly to the end.

A lady had a troublesome itching and running at the nose, and being advised to snuff up cold water freely, she did so and was "cured" in a day; but in twenty-four hours she nearly died of asthma; for, although the "flowing" from the nose was checked, the disease fell upon the lungs; nature would have vent some where.

In the diarrheas of children, summer complaints, etc., which so often arise from colds settling on the bowels, purgative is given, and "soothing syrups," (in ALL cases made of molasses and laudanum, *never* made without sugar and opium.) The great effort of ignorance is to "stop the diarrhea." This is done; the parents are charmed, write out a certificate in great gratitude; this is published in the morning papers of the same week, as also in another column the death of the "cured" child of "convulsions" or "water on the brain."

The cough of consumption, and the large amount of glairy or multi-colored "matter" discharged from the lungs in bronchitis, are the curative "flowings," catarrhs of nature, and the checking of them by cough-drops, lozenges, troches, syrups, snuffs, etc., *always*, ALWAYS, ALWAYS makes death more certain, more speedy, and more dreadful. In all catarrhs, in all flowings, keep the bowels free; keep up a very general perspiration, and eat but very little for forty-eight hours, and if not better, send for a respectable physician. Annual sneezings and nose-runnings are of this nature, preventable by previous judicious depletions.

FIFTEEN FOLLIES.

1. To think that the more a man eats the fatter and stronger he will become.
2. To believe that the more hours children study at school the faster they learn.
3. To conclude that if exercise is good for the health, the more violent and exhausting it is, the more good is done.
4. To imagine that every hour taken from sleep is an hour gained.
5. To act on the presumption that the smallest room in the house is large enough to sleep in.
6. To argue that whatever remedy causes one to feel immediately better, is "good for" the system without regard to more ulterior effects. The "soothing syrup," for example, does stop the cough of children, and does arrest diarrhoea, only to cause, a little later, alarming convulsions, or the more fatal inflammation of the brain, or water on the brain; at least, always protracts the disease.
7. To commit an act which is felt in itself to be prejudicial, hoping that some how or other it may be done in your case with impunity.
8. To advise another to take a remedy which you have not tried on yourself, or without making special inquiry whether all the conditions are alike.
9. To eat without an appetite, or continue to eat after it has been satiated, merely to gratify the taste.
10. To eat a hearty supper for the pleasure experienced during the brief time it is passing down the throat, at the expense of a whole night of disturbed sleep, and a weary waking in the morning.
11. To remove a portion of the clothing immediately after exercise, when the most stupid drayman in New-York knows that if he does not put a cover on his horse the moment he ceases work in winter, he will lose him in a few days by pneumonia.
12. To contend that because the dirtiest children in the street, or on the highway, are hearty and healthy, that, therefore, it is healthy to be dirty; forgetting that continuous daily exposure to the pure out-door air, in joyous, unrestrained activities, is such a powerful agency for health that those who live thus are well, in spite of rags and filth.
13. To presume to repeat, later in life, without injury, the indiscretions, exposures, and intemperances which in the flush of youth were practiced with impunity.
14. To believe that warm air is necessarily impure, or that pure, cool air is necessarily more healthy than the confined air of a close and crowded vehicle; the latter, at most, can only cause fainting or nausea; while entering a conveyance after walking briskly, lowering a window, thus while still, exposed to a draught, will give a cold infallibly, or an attack of pleurisy or pneumonia, which will cause weeks and months of suffering, if not actual death within four days.
15. To "Remember the Sabbath-day" by working harder and later on Saturday than on any other day in the week, with a view to sleeping late next morning, and staying at home all day to rest, conscience being quieted by the plea of not "feeling very well."

DIET FOR INVALIDS.

MANY persons, while apparently recovering from sickness, suddenly become worse and die, in consequence of eating some improper article of food, or of eating too much or too often; others have perished in eating against their inclination, merely to please their friends, or to get rid of their solicitations.

If persons are able to be out of bed, or on their feet, the intervals of eating should be about four hours during day-light. Only those confined to bed should eat oftener, or during the night. As a general rule, that is best for the patient for which there is the greatest craving. But a lady recovering from an attack of typhoid fever had a strong desire to eat a sweet potato. She did so, and died next day. Hence, a very small amount of what is craved should be taken at a time; and if no discomfort follows within four hours, a little more may be ventured.

If a patient wakes up in the morning thirsty, or the mouth is dry, no solid aliment should be taken, however great the hunger. Liquid food only can be safely used, at least until near noon.

The very best restorative an invalid can swallow, when thirsty or "faint," is the very best green or black tea that money can purchase, made in the best manner; the strength to be adapted to the circumstances. If feeble, the patient should have the food as soon as possible after it is called for. If there is no appetite, remove it instantly; instead of letting it remain, in the hope of its being soon wanted. Never, under any circumstances, give one single spoonful more than the patient can take with a relish, with satisfaction. A teaspoonful every twenty minutes, taken with a will, does more good than a dozen times the amount every hour or two, when such an amount can not be taken without distaste.

BEEF-TEA. Liebig's.—Chop a pound of lean meat as fine as for sausage; mix it with a pint of cold water; put it over a slow fire; when it has boiled five minutes, strain through a coarse cloth; salt to suit.

BROTH, quickly made.—Take a bone of loin or neck of mutton; remove skin and fat; beat or cut fine the meat; cover it with water in a sauce-pan, with a cover; season it; boil quickly for half an hour.

PANADA, in five minutes.—To water and white wine, seasoned with sugar, nutmeg, and lemon-pell, grate in some bread as soon as it boils; boil fast until thick enough to drink.

SWEET BUTTERMILK.—In ten minutes after milking, churn until flakes of butter swim about thickly. Good to drink while eating crackers, rusk, ripe or dried fruits.

FLOUR CAUDLE.—Rub a tablespoonful of fine flour into six of water; add this to five spoonfuls of milk, while boiling; stir twenty minutes over a slow fire. A nourishing astringent for weak bowels.

WINE-WHEY.—While a pint of milk is boiling, stir in eight tablespoonfuls of wine; boil a minute; when curd has settled, turn off the whey, which sweeten and drink, cold or warm.

TOAST-WATER.—Toast slowly, until brown, a thin slice of the soft of stale bread; put in a pitcher; pour on boiling water, and set it to cool, covered.

WATER-GRUEL.—Make two tablespoonfuls of Indian, or corn-meal, and one of flour, into a thick batter, with cold water; stir in boiling water till suitably thick; season with salt, and stir while boiling for six or eight minutes; add a little butter, and pour it over toasted bread, cut in small pieces.

TOASTED BREAD.—Hold a thin slice to the fire until it turns slowly of a straw color on both sides.

FLAXSEED-TEA.—Boil whole flaxseed in water to a thick syrup. A dessert-spoonful to a glass of water; strain, and add sugar and lemon-juice to suit.

POISONS.

FROM a Latin word, meaning "drink," as poisons are generally taken in that way; and are either "corrosive," such as destroy or kill the texture of the part; or "constitutional," affecting the system, through the nerves and blood-vessels. Mineral and acid poisons, as lead, copper, arsenic, oxalic-acid, aqua-fortis, and the like, kill the living parts on the instant of touching, and death speedily results, from inflammation, swelling, and mortification.

Alcohol, opium, prussic acid, strychnine, and the like, are constitutional, and affect the system through the nerves and blood-vessels. There are, besides the gases, over sixty solid substances, in nature, which destroy life in a day, an hour, a minute. An "antidote" is that which instantly renders a poison innocuous by removal or chemical combination. For corrosive poisons, such as mineral and acid, indicated certainly by the patient carrying the hand to the throat, swallow instantly sweet oil, train-oil, or any other simple oil or grease first at hand. This soothes, protects, and vomits; or take magnesia, soap, or saleratus, in water.

As to the constitutional poisons, instant removal is imperative; and the very best thing in all nature, as well as most generally at hand, is a heaping teaspoonful each of common salt and ground mustard, stirred quickly in a glass of cool or warm water, and swallowed on the spot. This usually causes instantaneous vomiting. As soon as this ceases, as there may be some of the poison left in the stomach, swallow the white of an egg or two; and to make assurance doubly sure, drink most freely of very strong coffee. The egg is best for corrosive poisons; the coffee, for the constitutional. A quart of very strong cold coffee should be put away in a bottle in every family, for such uses; especially as it is the antidote for a larger number of poisons than any other substance in nature.

The above are intended as expedients, to be employed while a physician is being procured.

ERYSIPELAS.

FROM the two Greek words, meaning "to draw" and "neighboring;" from the nature of the disease to draw in or involve adjacent parts. The Scotch call it the "rose," from its color; others, St. Anthony's fire, from its burning heat. It is a diffused inflammation or redness of the skin of the face and head; fever precedes the local inflammation, with sore-throat as an almost invariable attendant. The premonitory symptoms are: the patient feels ill, shivery, feeble or tired, languid, and often drowsy; sometimes there is nausea, vomiting, and diarrhea. The actual attack begins with a chill; then some part of the face, nose, one cheek, or rim of one ear, begins to feel hot, stiff, and tingling, and on close examination is found to be of a deep, continuous red color, swollen and hard; this redness and swelling advances gradually, sometimes rapidly, with a distinct, elevated margin as of a wave, until the whole scalp and face are involved. No disease, except the small-pox, so obliterates and deforms the features; for the cheeks enlarge, the lips thicken enormously, and the eyes are completely closed by the swelling of the lids; the mind begins to wander, especially at night; then delirium, and in a few days, death! In cases of recovery, the redness declines in three or four days, the swelling subsides, and the person gradually gets well. Erysipelas of the head and face is so generally fatal in three or four days, spreads with such rapidity, and by extending to the throat, which by its swelling closes up the passage of the air to the lungs, causing instant death, it is important to know the distinguishing symptoms already enumerated, and to have some means at hand, by which families many miles distant from medical aid, may do something toward arresting its wave-like progress, until the physician arrives. This is, of late, claimed to be done by the very simple process of pounding raw cranberries, and covering the part affected with a poultice made of them. A more generally accessible remedy is, to paint the whole affected surface, *and a little beyond*, with common white paint, laying it on with a feather; add a fresh coat every two hours, until a thick layer is obtained, and thereafter, sufficiently often to keep the parts entirely and perfectly covered; the object being to exclude the air, which is supposed to be the great irritant. This coating of white-lead paint peels off in a week or ten days with the shed skin, and leaves the surface beneath clean, smooth, and healthy. To make assurance doubly sure, promptly unload the bowels by an injection of a pint of lukewarm water; eat nothing but a crust of cold bread or toasted bread broken into some warm tea, every four hours during daylight, and occupy a clean, dry, well-aired room and bed. When the physician arrives, if you are not well, put the case implicitly and entirely into his hands. The almost universal cause of erysipelas is bad blood, arising, in nearly every instance, from constipation of the bowels; that is, their failure to act every day. This is generally brought on by resisting the calls of nature; by over-eating; by neglect of exercise in the open air, or by cooling off too quickly after such exercise; in such cases, the cold is apt to settle in the throat, and prove speedily fatal. If erysipelas sets in after a wound, it is because of the impure state of the blood from the same causes—the wound, in this case, being merely the excitant, the spark to the powder already there.

HEALTH TRACT, No. 57.

NURSING HINTS.

To the nurse is intrusted a holy human life, and to fail of duty by inattention or ignorance, is cruelly criminal.

1. The nurse should not eat, drink, or sleep in a sick-room.
2. Nor fast longer than five hours, whether a day or night watcher.
3. Always go into the room for day or night duty, with a full meal.
4. A strong body and a wide-awake mind are equally essential to a capable and efficient nurse; hence seven hours of consecutive sleep out of each twenty-four is a necessity.
5. Do not sit between the bed and the fire, or on the other side of the patient from an open door or window.
6. Clean your teeth, dress your hair, and wash your whole body well with soap and water after watching, so that you may sleep in clean linen, in no garment worn during your watching.
7. Wear as few woolen or dark clothes as possible; they hide dirt and harbor noxious exhalations.
8. Never speak in a whisper or under-tone in the sick-room, unless the patient is asleep; it engenders suspicions.
9. Avoid all discomposure, flurry, and noise, especially sudden, harsh, or discordant, and wear no creaking shoes or rustling garments.
10. Maintain at all times a countenance which is at once composed, self-possessed, cheerful, hopeful, kindly, confident, and sympathetic, else you are utterly unfit for the place.
11. As far as possible, anticipate every want, without at the same time being officious. Avoid all unnecessary questionings, and do not be forever fixing things about the bed.
12. Keep scrupulously out of sight every thing in the shape of druggery, such as bottles, vials, spoons, pill-boxes, etc.
13. Do not allow any liquid thing to remain in the room one single moment longer than it is in use, not even a glass of ice-water.
14. Have no hanging garments in the sick-chamber, and as little woolen carpeting and bed-coverings as possible, and no bed or window-curtains.
15. Keep the room in perfect order, and arrange things with an eye to taste, neatness and cheerfulness.
16. If visitors are admitted, ask them to leave the room the moment conversation flags. No patient can possibly desire to be gaped at in silence.
17. Never allow a frown, or an angry word, or an impatient expression of countenance, whatever may be the provocation. However "cross" the patient is, it is your business to be propitiative.
18. Guard against drafts of air and damp bed-clothes or garments.
19. Always have the fire-place open, and a window or door, as nearly opposite as possible, a little raised and lowered, or ajar. If there is no fire, have a lamp or candle burning in the fire-place, to create a draft up the chimney.
20. Let the room be as clean and as sunshiny as possible.
21. If fire is needed in the chamber, a thermometer should hang about five feet from the floor, opposite the fire-place, and should range about sixty degrees.
22. Let all kinds of impressive intelligence be communicated gradually, and as unimpressibly as possible.
23. Sleep is the best agency of recovery in all nature; hence never wake a sleeping patient, but promote sleep in all possible ways.
24. Do all you can to inspire confidence in the physician; never make a suggestion to him in the presence of the patient, and be faithful to his instructions.

CHECKING PERSPIRATION.

If while perspiring, or while something warmer than usual, from exercise or a heated room, there is a sudden exposure in stillness to a still, cold air, or to a raw, damp atmosphere, or to a draft, whether at an open window or door or street-corner, an inevitable result is a violent and instantaneous closing of the pores of the skin, by which waste and impure matters, which were making their way out of the system, are compelled to seek an exit through some other channel, and break through some weaker part, not the natural one, and harm to that part is the result. The idea is presented by saying that the cold has settled in that part. To illustrate:

A lady was about getting into a small boat to cross the Delaware; but wishing first to get an orange at a fruit-stand, she ran up the bank of the river, and on her return to the boat found herself much heated, for it was summer, but there was a little wind on the water, and the clothing soon felt cold to her; the next morning she had a severe cold, which settled on her lungs, and within the year she died of consumption.

A stout, strong man was working in a garden in May; feeling a little tired about noon, he sat down in the shade of the house and fell asleep; he waked up chilly; inflammation of the lungs followed, ending, after two years of great suffering, in consumption. On opening his chest, there was such an extensive decay, that the yellow matter was scooped out by the cupful.

A Boston ship-owner, while on the deck of one of his vessels, thought he would "lend a hand" in some emergency; and pulling off his coat, worked with a will, until he perspired freely, when he sat down to rest a while, enjoying the delicious breeze from the sea. On attempting to rise, he found himself unable, and was so stiff in his joints, that he had to be carried home and put to bed, which he did not leave until the end of two years, when he was barely able to hobble down to the wharf on crutches.

A lady, after being unusually busy all day, found herself heated and tired toward sundown of a summer's day. She concluded she would rest herself by taking a drive to town in an open vehicle. The ride made her uncomfortably cool, but she warmed herself up by an hour's shopping, when she turned homeward; it being late in the evening, she found herself more decidedly chilly than before. At midnight she had *pneumonia*, (inflammation of the lungs,) and in three months had the ordinary symptoms of confirmed consumption.

A lady of great energy of character lost her cook, and had to take her place for four days; the kitchen was warm, and there was a draft of air through it. When the work was done, warm and weary, she went to her chamber, and laid down on the bed to rest herself. This operation was repeated several times a day. On the fifth day she had an attack of lung fever; at the end of six months she was barely able to leave her chamber, only to find herself suffering with all the more prominent symptoms of confirmed consumption; such as quick pulse, night and morning cough, night-sweats, debility, short breath, and falling away.

A young lady rose from her bed on a November night, and leaned her arm on the cold window-sill to listen to a serenade. Next morning she had *pneumonia*, and suffered the horrors of asthma for the remainder of a long life.

Multitudes of women lose health and life every year, in one of two ways; by busying themselves in a warm kitchen until weary, and then throwing themselves on a bed or sofa, without covering, and perhaps in a room without fire; or by removing the outer clothing, and perhaps changing the dress for a more common one, as soon as they enter the house after a walk or a shopping. The rule should be invariable to go at once to a warm room and keep on all the clothing at least for five or ten minutes, until the forehead is perfectly dry. In all weathers, if you have to walk and ride on any occasion, do the riding first.

HEALTH TRACT, No. 59.

APPLES.—The apple is perhaps more useful than all the other fruits in nature. Beyond them all, it is durable, prolific, easy of culture, and capable of such a variety, in its mode of preparation for the table, that a small volume might be written about it. The time required to digest a piece of roasted pork is five hours and a half; about equal to a piece of boiled tendon, (white leather,) which is almost leathery, or a lump of boiled beef-suet; while a sweet, mellow, raw apple is digested, passed out of the stomach, and enters the circulation to nourish and strengthen, in an hour and a half, being exceeded in easiness of digestion only by boiled rice, pigs' feet or tripe soused, and whipped eggs, all of which are digested in one hour. Sweet apples are not valued as they ought to be, because they do not "cook well;" but to be eaten raw, there is scarcely any thing more "delicate," that is, so easily received into the system, requiring so little stomach power in appropriating it to the nourishment of the body. One good method of cooking apples, is to peel them and take out the core, without dividing the fruit; put them in a dish, pour over them a few tablespoonfuls of water; bake until delicately brown, and eat with cream and sugar, as a dessert, for dinner. This is incomparably preferable to the sodden dumpling or the greasy pie. Mrs. F. D. Gage, one of the most notable housewives in the nation, says: "Pare the apples and quarter them, placing them in a tin plate with the core side up; if dried apples, a little water is added; they are then set in the oven, which is always hot at meal-time, and roasted; when done, they are slid on a common plate, and sprinkled with sugar; to be eaten warm, with bread and butter and cakes. It would require canned fruit of extra flavor to tempt me from the apple-dish, if thus prepared. Strawberries or half-ripe peaches are not to be talked of the same day."

For lunches at school or at home, for convenience and cleanliness, to put in the pocket while traveling, or on an excursion, or when expecting to be absent from home over a meal, the apple is without an equal; while as a dessert it might well supersede all the cakes, pies, jellies, dumplings, and "tarts" ever invented. If a tithe of the money expended in easily dispensable articles of apparel, or mere personal gratifications in the shape of snuff, cigars, chewing-tobacco, home-made wines and cordials, or of useless trinkets of jewelry, or unsubstantial, unremunerative amusements, was devoted to the purchase of a bountiful supply of apples in the fall, for family use, without stint, there would be found a most welcome increment in family health in the spring, and a diminution of doctors' bills, especially gratifying to all prudent and calculating "pater-familias." To every householder we say, wear an old coat another year, do with one silk dress less, skimp yourself in pork, ham, bacon, and even roast beef, rather than fail to put half a dozen barrels of prime apples in your cellar this fall.

TAKING MEDICINE.

LET it be remembered that it is not the medicine advised by the educated physician which has done the world so much injury, but it is the physic which the people swallow on their own responsibility. When a narrow-minded person gets sick, he "calculates" the saving it will be to him to give twenty-five cents for a box of pills, instead of "employing a physician," besides avoiding the discomfort of "a course of medicine," as it is called. This answers for a while in many cases, but it is ultimately disastrous, and health and life are the fearful forfeit. A gentleman had been a dyspeptic, and hearing that a preparation of soda was "good for dyspepsia," he "tried it;" it acted "like a charm," and for the next six months he was so enraptured with its effects that he considered it a duty as well as a humanity to recommend it to every person who seemed to be affected as he had been. Not long thereafter, as he was standing at the gate of his newly-married daughter, in London, in a passing call on his way to business, he dropped down dead. On examination, the cause was found in several ounces of soda impacted in the bowels.

Not long ago, a young lady of wealth called for a prescription at a Quaker druggist's. Being a conscientious man, he said to her very kindly that if she continued to take it in such quantities, it would destroy her. It was a preparation of morphine, chloroform, and ether, which had an instantaneous and powerful effect on the whole system, and in her case excited the brain and kept it in that condition, requiring constantly increased doses. Within a month she was attacked with a very familiar disease, cured every day in its more peculiar seat. In her case, the brain having been so weakened by the continual over-excitement to which it had been subjected, became the point of metastasis. In familiar phrase, "it went to the brain." She was a model of unobtrusive, self-denying piety, so retiring, so pure, as to be the admiration of those who knew her inner life. In an hour the malady made a wreck of the mind. No man could hold her. Her profanity was shocking to every attendant. A day or two more and she died. We personally know that her sister perished a year earlier in consequence of a condition of the system induced by taking daily, for months a popular "cough-lozenge," or "troché." In these last two cases, economy was no object, for they had always been the pampered and petted children of lavish wealth. But it was so much easier to get rid of an ailment in this way than by the formality of calling in the family physician; besides parental solitudes need not be uselessly excited; this, no doubt, was the ruling motive. The experienced practitioner well understands that the habitual taking of any efficient medicine is the certain road to a premature and very often a violent or agonizing death.

HEALTH TRACT.—NO. 61.

FAILING EYESIGHT.

THE sight begins to fall from forty to fifty, by an instinctive preference of larger print; a seat near the window for reading is unwittingly selected; there is an effort to place the paper at a convenient distance from the eye, or to turn it so as to get a particular reflection of the light; next the finger begins to be placed under the line read, or there is a winking of the eye as if to clear it, or a looking away at some distant object to rest it; or the fingers are pressed over the closed lids in the direction of the nose, to remove the surplus water caused by straining. When spectacles are first used, they should not be kept on steadily, only in the early morning, or cloudy day, or dim light, or with fine print, or sewing. Favor the failing sight as much as possible:

1st. By sitting in such a position as will allow the light to fall upon the page or sewing obliquely over the shoulder.

2d. By not using the eyes for such purposes by any artificial light, or before sunrise, or after sunset.

3d. By avoiding the special use of the eyes in the morning before breakfast.

4th. By resting them for half a minute or so, while reading or sewing, or looking at small objects, by looking at things at a distance or up to the sky, relief is immediately felt by so doing.

5th. Never pick any collected matter from the eye-lashes or corners of the eyes with the finger-nails; rather moisten it with the saliva and rub it away with the ball of the finger.

6th. Frequently pass the balls of the fingers over the closed eyelids, towards the nose; this carries off any excess of water into the nose itself by means of the little canal which leads into the nostril from each inner corner of the eye, which canal tends to close up in consequence of the slight inflammation which attends weakness of eyes.

7th. Keep the feet always dry and warm, so as to draw any excess of blood from the other end of the body.

8th. Use eye-glasses at first, carried in the vest-pocket, attached to a guard, for they are instantly adjusted to the eye with very little trouble; whereas, if common spectacles are used, such a process is required to get them ready, that to save trouble, the eyes are often strained to answer a purpose.

9th. Wash the eyes abundantly every morning. If cold water is used, let it be flapped against the closed eye with the fingers of the hand, not striking hard against the balls of the eyes. But it would seem a better plan to open the eyes in pure warm water, because warm water is more penetrating than cold; it dissolves much more readily and rapidly any hardened matter that may be about the lids, and is more soothing and more natural.

10th. The moment the eyes feel tired, the very moment you are conscious of an effort to read or sew, lay aside the book or needle, and take a walk for an hour, or employ yourself in some active exercise not requiring the close use of the eyes.

H E A D A C H E

Is generally not a disease in the head itself, but a sign or symptom that something is wrong in some other part of the body. In almost every case it is accompanied by cold feet, costiveness, disordered stomach, or a derangement of the nervous system in general—this last induced by over-mental exercise or some local irritation in a distant part of the body. In all these cases, an application to the head itself is only palliative, eradicates nothing, cures nothing. If the feet are cold they must be made permanently dry and warm, thus drawing the excess of blood away from the head. If the bowels are costive they must be made to act once every twenty-four hours, freely and habitually, without the use of any medicine. If headache comes on at regular times after eating, then indigestion is the cause, and such food should be used, both in quantity and quality, as will not be followed by this symptom. But if the feet are habitually warm and comfortable, if the bowels act once regularly every day, and if it is clear that the headache is not connected with the eating, then its cause must be found in some part of the system remote from the head itself, and it is safest and best to take competent medical advice, if trouble, anxiety, or over-mental exertion is not the palpable origin of the ailment. In most cases, very severe headaches will disappear within twenty-four hours, by giving the scalp, face, and whole body a most thorough cleansing with soap, warm water, and a rough scrubbing-rag; taking nothing but cold water and some kind of soup into which has been broken the crust of cold or toasted bread, and some out-door activities for several hours in the forenoon and afternoon also. Headaches in children should always be promptly attended to, as they indicate the approach of serious diseases, as scarlet fever, small pox, measles, and other grave skin affections. Bilious headache is caused by the liver abstracting too much or too little bile from the blood, giving pain in the shoulder, sick stomach, loss of appetite, depression, pain in forehead. Hysterical headache gives pain in a small spot over the eye-brow, as if a nail or wedge were driven in. Pain on the top of the skull often arises from exhaustion or debility. A pain over the brow, coming on at a regular hour daily, not lasting long, is in the nature of fever and ague, and sometimes feels as if the skull was opening and shutting. The *Megrims* are of this nature, the pain beginning at the inner corner of the eye, making it tender and red, sometimes affecting half the head, perfectly disappearing and returning at irregular intervals. Sometimes hereditary. A dull aching or rather soreness, especially on pressure, at the back of the head, brow, or temples, is rheumatic headache, caused by uncovering the head while perspiring; cured by light diet, dry feet, warm clothing, free bowels, and moderate out-door exercise in clear, dry weather.

HALL'S JOURNAL OF HEALTH.

Vol. IX.]

MARCH, 1862.

[No. 3.]

DRUNKENNESS.—I knew a man whose ships floated on every sea ; every thing he touched turned to gold ; throughout his whole mercantile career he never failed, never suspended, never asked an extension. A large family of children survived him ; they were said to be the most beautiful in one of the largest cities of the nation. He himself was the handsomest of men ; commanding in his appearance, courteous in his manner, affectionate in his domestic relations, indulgent to his children, devoted to his wife. During his life he furnished money in the most lavish profusion for family expenditure, never making inquiry as to its disposal. At his death he provided for his wife a magnificent income, and left every child rich. In the settlement of his estate, scarcely a dollar was lost. He never was involved in a law-suit, and had but one partner in business, whom he left his sole executor. He had three drawbacks : he was a gourmand ; he was never drunk, but was always full of liquor ; he habitually made a butt of religion and its ministers. He died before he reached three-score years and ten, of chronic diarrhea, (as most persons do who habitually indulge in highly seasoned food and the finest wines and brandies,) about seven months before the time he had fixed on for retiring from business. The subsequent history of that large family of highly favored children is suggestive. The eldest daughter, of queenly presence and beauty, died an exile from her father's house. Four others died on the very threshold of beauteous womanhood ; one of them in madness ; a fifth, by reason of bodily infirmity, is dead to the world ; and a son has long been in an asylum, a hopeless idiot. Another survives, a bankrupt, having no business capacity whatever. Another lives, of no promise, and the mother is dead. The lesson here taught, so terrible, is simply this : that the man who makes every day a feast of fat things, and sustains himself in this by never allowing the alcohol to die out of him, except for a few hours in the after part of the night, must perish prematurely, and can not beget healthy children. Every child this man had was born with a rotten constitution, except the first two, when it may be reasonably supposed he had not completely fallen under the dominion of high-living. It may be remembered here that four fifths of the idiotic children, in

a well-conducted asylum for such, were known to be the children of parents one or both of whom indulged in liquor-drinking. I saw a man in a lunatic asylum, an inmate for thirty years, the eldest son of one of the greatest men of our generation, who, up to the time of his marriage, and for a year or two after, indulged freely in whisky-drinking.

A case in point is found in a recent statement of Dr. Hull, superintendent of the Ohio State Asylum :

"A citizen of this State married an intelligent lady, who bore him ten children. After the birth of the first three, the father became intemperate, and during his career as an inebriate, four children were born unto him. He then reformed entirely, and had three others.

"The first three were smart and intelligent, and became useful men and women, and so of the last three. Of the four born to him during his inebriety, two have died in the lunatic asylum, another is there, and the fourth is an idiot! This is not an isolated case. The demonstration is complete and certain, and there is no room left for doubt as to the cause of idiocy and insanity in these cases. Thus an intemperate man or woman transmits a depraved constitution, and an impaired intellect to children, and even to grand-children. The statistics in regard to the idiots of Massachusetts, published a few years since, furnished a volume of proofs to the same general statement. The more this subject is investigated, the more certain it will be shown, that the use of liquors is impairing the health and reason, and shortening the lives, not only of those who drink, but of their descendants."

One of the most eminent politicians of the last thirty years died a sot lately. His son, a clergyman, died soon after, of delirium tremens, and his daughter, the wife of one of the first men of this city, (now dead,) was a slave to the bottle.

Not a dozen years ago a man died who left his daughter a million of money. She shone in foreign courts; but so besotted was she, that her husband was compelled to have an attendant who should never leave her side, for the very instant she was left alone, she would leave the house for the nearest grocery.

An accomplished lady, the wife of one of our leading men,

became so devoted to the use of stimulants, that a large part of her time was employed in devising expedients for obtaining any thing that would intoxicate. Finding argument of no avail, the husband, taking advantage of a lucid interval, placed before her the single alternative, either to be placed in a lunatic asylum, or abandon on the instant and forever all that could intoxicate. She chose the latter, and for the last five years has been an ornament to society. That she will yet die a sot is almost certain.

A drunken man was sent to the penitentiary. The desire for drink was so overwhelming, that, snatching a hatchet, he severed his left wrist, and running to the keeper, called for a bowl of brandy to stanch the blood, and dipping the bleeding stump into the liquid in one instant, he frantically seized the bowl the next, and drank it to the dregs!

One of the most beautiful of women, from Albany, married a New-Yorker. Her wealth, her social position, and naturally fine mind, with genial manners and a large heart, enabled her to command every where, and at once, the respect, the love, and the admiration of all who came in contact with her. She lived but a few blocks away, and died lately, at twenty-two, of "heart disease," it was said, but the inner circle knew that her love for drink was desperate; yet so closely was she watched, that the cologne-water of her toilet was the only thing she could have access to, and of which she consumed vast quantities.

It is officially stated, that up to December 31st of the past year, the applications for admission to the Reformatory Inebriate Asylum of the State of New-York, at Binghampton, already approaches very near five thousand names; coming from all circles of society, some from foreign lands. Nearly two thousand of these are women from the upper classes; women who, by their position, refinement and culture, reached superior social distinction. And yet all these, by this very application, confess that they find themselves victims to an appetite which they are powerless to resist; confessing that without assistance they feel assured they will sink remedilessly into the gutter, and a premature grave.

In the light of these facts, the inquiry of a cotemporary be-

comes most impressive: Could all the daughters of sorrow in our land, whose husbands are fixed inebriates, be gathered together, it would surprise some to discover how many of them were ladies of great delicacy and refinement, brought up amid wealth and luxury, and even amid all the blessings of religion and piety. The common opinion, that drunkenness belongs to the poorer and more degraded of our population, and that it most abounds only in dens and garrets, is, indeed, a very mistaken one. A lady of much intelligence and refinement, reluctantly stated recently, that the wealth of her husband was his bane, as it drew around him a set of fascinating companions, who drew on his purse for suppers and treats, and who would not let him off until his means were exhausted, and he himself was an unconscious and ruined sot. For weeks he would abstain and make great promise of reform, when he would again fall into their hands; and this was repeated until all was lost.

Nor does the habitual use of opium throw a less fatal spell over its helpless, hapless victim. The news comes across the water, that the man whose writings have led captive hundreds of thousands of entranced readers, whose words of burning eloquence have thrilled successive British Parliaments, and whose legal abilities made him chancellor of the greatest nation on earth—such a man, with such a mind, had not the moral power to break the chains of his enthrallment, and Disraeli, the younger, by the use of opium, has fallen into “bodily and mental imbecility,” and is forever lost to himself, his country, and the world.

New-Yorkers who were in fashionable society twenty years ago, remember the advent, from a neighboring state, of one of the most accomplished and dazzling beauties of her time. She was followed from one salon to another by crowds of almost crazed admirers, for the brilliancy of her conversation charmed as many as her personal attractions, while her social position was undisputed. She married a person of high position, of great amiability of character, and “the handsomest man in New-York.” He soon found that she was addicted to the use of opium—hopelessly so; this so preyed upon his mind, that he committed suicide. Her progress downward became more

appalling, and soon the grave claimed her, but not a living soul followed the cartman who conveyed her to her last resting-place.

Within the easy memory of many a New-Yorker, the names of eight clergymen of this city, whose resistless eloquence in the pulpit made them, to many, almost demi-gods, stand to-day before the world as terrible mementoes of the devastative power of the social glass.

The truth is, to be a great orator, a peerless beauty, or the star of the social circle, whether man or woman, is next door to being lost, and the reason of it is patent. They all feel that much is expected of them wherever they go, and a benevolent wish to please, combined with the pride of sustaining a reputation for brilliancy, stimulate them to their highest efforts. But now and then it will happen that the animal spirits are not adequate to the occasion; they feel it, and rather than there should be a failure, strong tea or coffee is resorted to, then the wine, and the brandy, and the pill. As time passes, these become more frequently necessary, and in larger quantities also, until, finally, no effort is made without them. Before they are aware of it, they are utterly helpless of resistance to the slavish appetite, and are waked up to their misfortune either by dishonor or death.

Within a year, a physician of large practice assured the writer, that although he was not yet forty, he found it absolutely necessary, before he went to see a patient, to bring his mind up to the prescribing point by taking opium.

An eminent lawyer, in this street, not forty-five years old, could not go to his office of a morning, to attend to its ordinary duties, without half a glass of clear brandy. He was considered a brilliant man. None but a very few who knew him intimately, not even his wife and children, ever had a suspicion, apparently, that he was a toper; and yet, a year later, he dropped down dead in an out-of-the-way drinking-saloon, "of disease of the heart," the coroner's jury said.

It is thus clear that the professional man, whether physician, lawyer, or clergyman, as also those who are the charm of society, who are noted and courted for their brilliant powers of conversation, whether belle or beau, are at the very vestibule

of ruin when they find themselves taking any stimulant whatever, preparatory to the satisfactory performance of any public, professional, or social duty.

The recently published Custom House tables show that three hundred thousand pounds of opium were imported into this country. Of this amount, reliable data show that only one-tenth is used for medicinal purposes. Druggists assure us that the habit of eating opium is rapidly extending among lawyers, physicians, literary men, and ladies, who move in the higher circles of society; and that enormous quantities are used by the manufacturers of patent medicines, and those poisonous drinks in the saloons, restaurants, coffee-houses, and groggeries, which infest every city and village in the land.

That some means are needed for curtailment in the use of all that can intoxicate, hear what a late number of the *Irish Quarterly Review* says of the learned and eloquent Dr. Maginn, who might have been prosperous and eminently useful, but whose life was blasted by the wine-cup.

"He now turned for comfort and inspiration to the foul fiend, brandy, which has been the cause of misery and death to so many men of genius. We regret the errors of Addison and Steele; we sigh at the recollection of poor Moreland, the painter, working at his last picture, with a brush in one hand and a glass of brandy in the other; for he had arrived at that terrible condition, in which reason could only reach him through intoxication; and Maginn, not so fallen as this, sunk deeply. The weary hours of lonely watching brought no resources but that which copious draughts of the liquid could supply. Health was fading away. The brightest years of life were past forever, and as the dim future lowered, he gazed upon it under the influence of the demon which enthralled the brilliant souls of Addison, of Sheridan, of Charles Lamb, and which sent the once stalwart form of Theodore Hook, a miserable, wretched skeleton, to the grave."

Says a writer in a late number of the *New-York Daily Times*:

"Last Saturday night, in a walk from Nassau street to South Ferry, we had ample food for comment upon the fourth Commandment. 'Broadway was a perfect hell of drunkenness—a howling, staggering, pandemonium of beastalized men.' The

sidewalks were traversed by men in every stage of intoxication, reeling to and fro like ships in a storm. The air was laden with snatches of drunken songs, fragments of filthy language, or incoherent shouts from those who were too drunk to articulate. Drunkenness in every dark lane and alley, only discovered by its disgusting ravings. Drunkenness in the wide lamp-lit streets, staggering along with swimming heads, paralyzed limbs, and countenance of imbecile sensuality. Drunkenness in the kennel, stentoriously respiring its fetid breath. Drunkenness clinging to the lamp-posts. Drunkenness coiled upon the door-steps, waiting to be robbed or murdered. Drunkenness screaming on the tops of solitary omnibuses, or hanging half out of the windows of belated hackney-cabs, and disturbing the night with incoherent melodies. Drunkenness walking apparently steady along, idiotically to itself, and thickly rehearsing the drunken jokes and drunken songs, the indecencies that adorn the convivial meeting it has just left. Drunkenness waiting at the ferries, snoring on benches, quarreling with its drunken company, or falling off the edge of the pier into the water, and being fished out half sober."

With such facts before us, let every good citizen, let every man, woman, and child in the nation, feel that there is no certain escape from the remorseless despotism of drunkenness, except in the practice of total abstinence from every thing which can intoxicate, whether it be a liquid, a solid, or a gas; for the fumes of chloroform are becoming the resort of the nervous, the dyspeptic, and the hapless victim of *ennui* and idleness. As to the use of wines, beers, brandies, cider, opium, and tobacco, the only infallible guarantee from a wasted life, an early death, the gutter, or the madhouse, is in obeying the counsel of the inspired volume: "TOUCH NOT, TASTE NOT."

MIND A MURDERER.—It is not an unrepeatd occurrence in the experience of eminent physicians to be consulted where there is no tangible evidence of actual disease. The man does not look like an invalid; on the contrary, he has the external, the physical appearance of good health, and yet he complains of a great variety of symptoms, and overshadowing them all is an exaggeration of actual sufferings with an oppress-

ive foreboding of greater ones still to come. The appetite is good, but there is no elasticity of body and less of mind; the muscles are plump and of a healthful hue; or if lean and lank, there is no "lesion of parts," no inveterate disease of bone or blood; the general system, too, is in the regular performance of its functions; still the patient persists in the statement that he is "miserable."

There are similar cases in the religious world, in the experience especially of city clergymen. A man is a church-member; he stands well in his "society;" he is prosperous in business, and is considered an honorable, high-minded citizen, still he does not "enjoy religion," he is not a blithe-hearted man, gladsome and sunshiny. The experienced physician looks with apprehension on such a state of things, because he knows that the next step is to waste away, to wither and to die, and that these results will come on apace unless the causes of the mental malady are removed. To do this requires a fearlessness, a degree of moral courage which not many men possess. The state of things described arises from the condition of the mind, from mortification, from remorse, or despair. A gentleman of great wealth, in the full vigor of health and mental maturity, was charged with perjury, with a view of extorting a sum of money. The charge was made in a manner so peculiar, and with such plausibility, by reason of some coincidences, wholly fortuitous, that there was no help for it but to go to jail and await a legal investigation. He was triumphantly acquitted, but the mortification was such that he sickened and died in a few days; all the organs of the body being found, on a post-mortem examination, to be in a most perfect and healthful condition.

All know that remorse can eat out a man's life in a short time; and so can despair of pardoned sin. The physiology of such cases is, that great mental emotion of a depressing character greatly interferes with the depth of breathing. Every now and then nature makes a desperate effort for relief in the long-drawn sigh; but in the intervals, the person scarcely breathes at all, perceptibly; hence the blood is not supplied with its proper amount of air, which is the agent for relieving it of its impurities; hence also, the blood becomes thick, does not flow

through the veins, becomes too abundant, distending the blood-vessels in every direction, oppressing and weighing down all the faculties — those of the brain in particular — and the hand is instinctively raised to the brow, as if to relieve it. A double illustration is found in the following well-authenticated fact. A man was sick; he was, in truth, slowly dying. He occupied a high position, but had no light, no joy. He deplored his sins and sought forgiveness; but there was no relief. His professional adviser became at length convinced that there was a malady of the mind which was at the foundation of all his trouble, and kindly but sternly said: "There is something undone, which you ought to do. God judge 'twixt you and it!" Fixing his eye intently on the speaker, the sick man arose in his bed and said: "Some years ago, I took passage for England. At the moment of sailing, a bag of money was handed to the captain for delivery; it was carelessly laid down, and rolled about on the locker from day to day. With the sole view of frightening him, I hid it. On reaching port, it was not missed. Months passed, and there was no inquiry for it. At length the captain was called on for the money. He remembered having received it, but could give no further account of it. Meanwhile I became alarmed, lest my character should be implicated, and deliberately hid the money. The captain was thrown into prison, where he languished for two years and died. By this time I became hardened — strove to stifle conscience; but the cares and strifes and amusements of the world were unavailing. Now I feel that there is no hope for me, and I must go down to the grave unpardoned." The troubled man was advised to hunt up the captain's widow, make restitution of principal and interest, and clear up the clouded reputation of her husband. This was promptly done. After restitution, accompanied by repentance, he passed quietly and even happily into the grave.

The lessons of the article are of great practical importance. First, it is a criminal weakness, because it endangers life, to allow the mind to be harassed by false reports and false charges. Go forward in doing right, knowing that God is your judge; that he is witness to your integrity, and that in due time, he will, with increased honor, place you in your true

position before all men. Second, if you have done your fellow-man a wrong; if you have unrightfully cast a stain on his character, even unwittingly; if you are withholding from him what is his due, against this consent, while you have ability to relieve yourself of the obligation, although the law may uphold you in the same, and conscience twinges you in these regards, do not waste time in criminal delays; do not deceitfully excuse yourself in the resolution to do even-handed justice at some future day, when you may be more able and would feel it less than now; let not another sun go down upon your criminality, and hope not for the "peace which passeth knowledge," until, with the truth and fervor and sincerity of a returning prodigal, of an humbled Magdalene, of the repentant thief, you make a "clean breast" of every thing, and thus cast the eating, the accursed leprosy from your heart forever; for an outraged conscience works death to the body as well as to the soul. Death was caused in the first case by mortified pride; in the second by remorse.

THE NARROW HOUSE.—The promenader on glorious Broadway has many a time noticed a little, low, dingy-looking brick house, so contracted in front, that the show-window leaves so "strait" a door for entrance, that a "skeleton" must be compressed, or it could never cross its threshold. Yet very few half-hours pass in the day-time, in which some man or boy, woman or maid, does not seek admittance. The fact is, if the little old shanty had not been there so long, it would not have been noticed at all by the habitués of the street. Not one in a thousand would care to take a second look at it, unless in special search of something in the line of business to which it seems appropriated. That any one lived there at all, except the "man and boy," always on hand, or the bare conception that a family lived there beside, would certainly never enter the imagination of two in a million. And yet a family does live up-stairs, a family consisting of one old woman and the man in the shop; they have lived there a quarter of a century; and more, they raised a family of children there, and all of them have been married long enough to have children of their own. More than this, the old man makes all

his wares in the rear, then brings them in front, to expose for sale in the one window of his "narrow house." There were three children, daughters, who went out, and returned from school, for a long series of years, and so did the music-teacher, for there was cultivation there; but there were no servants, no cooks, chambermaids, or waiters; they never had any, never wanted any; they did their own work, and do it now; were always happy, and are happy now. They all waited on themselves and on one another, and are, to-day, models of self-reliance and personal independence. The "girls" never "went into society;" society never knew them, never wanted to know them, and never invited them; they lived in such a "narrow house." But it was their own, and had no mortgage on it, as had the "forty-foot" mansion fronting on Union Park, which was sold for taxes last year.

So, being excluded from society, by the simple process of omission, they made a society of themselves, and became wise, contented, and happy; they had other things to do beside laying plans to climb among those who never could see them. In this way, they grew up without the mortifications inseparable from both society and servants, as wide as they are apart; as a consequence, there was so much of sunshine in the faces of these three girls, and such a native dignity and independence of manner, that three substantial young men, in their own sphere of life, found them out, without the use of a microscope. And just look now, how the "old lady" manages it. A downright philosopher is the mistress of the "Narrow House." She insists upon it, that a large house for two old people is like an empty barn; that big houses entail trouble, invite loungers, and keep things at a melancholy and freezing distance; and that her own cozy, little, clean rooms, and "Hubby" beside her, when the day's work is done, have more comfort in them than a palace. She further insists on it, that servants are more trouble than they are worth; that their selfishness eats out one's benevolence; their reckless wastefulness and their little thieveries, their willful ignorance and their habitual blarney and deception, never can fail to sour the temper, ruffle the feelings, and be an everlasting source of annoyance to the household. Still, she insists that she is getting old

now, and wants to consult her own ease and comfort, and that while she is always glad to know that her children and grandchildren are well and happy, she does not want them to be popping in upon her at any and all times; hence, one day in the week she allots to receiving her company, and on that one day in a week, rain or shine, the three daughters may be seen entering the "Narrow House," leading by the hand a sweet, chubby child or two; and there, all at home, with no stranger eyes to mar the joy, and with mutual affection to warm the heart, there is an elysium below. At dusk, "Father" comes up, and soon thereafter, the three sons-in-law, to make merry till the hour of retiring. It is remarked of the "old man," that he never made a note, never asked a bank accommodation, never failed, never suspended, never even solicited an extension; and more, he never joined any "society," except a Christian church; he says that includes all societies which have good for their object, and that, to join any other, is an implication; that being a Christian does not meet all the wants of humanity; hence, he can not practically make that admission. He was never run for office; he never entered a grocery, never "treats," never was treated. He takes no interest in politics, beyond that of making it his duty *always* to vote for reputable and educated men. The old man is rich. His sons-in-law are thrifty men, and do not want his aid. The manner in which he intends to dispose of his estate is rather peculiar; but there is a ring of wisdom, humanity, and patriotism in it, which may well be imitated. The interest only of each share is to be used by the daughters; the principal to fall to the grandchildren at the mother's death; if no grandchildren survive, then it becomes the property of certain charitable institutions. No interest can be drawn without the daughters' written order, and can never be drawn in advance. In this manner, he hopes to prevent any child of his coming to want, whatever may be the reverses of their husbands, the property being inalienable under any circumstances, and can not be jeopardized by any act of the daughter, making outside pressure wholly objectless.

From this narration, the thoughtful reader may gather that there is great safety in a quiet, unpretending, and unostenta-

tious life ; that families who live to themselves, and depend on themselves and one another, may be useful, prosperous, and happy ; and that, although they may not become the ornaments of society, they are at once its pillars and its chief foundation-stone, while their influence for good passes to the second, and even third generation, even in their own lifetime.

WHERE TO STUDY.—The air of a cellar is close, damp, musty, and vitiated ; that of the house-top is clear, pure, and bracing. On the surface of the earth the atmosphere is cold, raw, and impure ; on the mountains it is dry, rarified, and health-giving. The purer the air is, the more life does it impart to the blood, the more perfectly is the brain nourished, and the more vigorously does the mind work and the body move. Hence the “study” of the clergyman, the “office” of the physician and the lawyer, the “library” of the family, the “sitting-room” of the household, and the “chamber” of every sleeper, should always be in the upper stories, not merely for the greater purity of the air, but for a reason seldom thought of, and yet of very great sanitary value. The higher we ascend, the more rarified is the air, the greater bulk is required to impart a given amount of nourishment to the system ; this greater rarity excites the instinct of our nature to deeper, fuller breathing, without any effort on our part, and this kind of breathing, as the reflecting must know, is antagonistic of consumption, that fell scourge of civilized society, which destroys full one sixth of the adult population. Hence the very suggestive remark of the distinguished naturalist Buffon : “All animals inhabiting high altitudes have larger lungs and more capacious chests than those which live in the valleys.” In the same direction is the suggestive statement that in the city of Mexico, situated nine thousand feet above the level of the sea, only three persons out of a hundred die annually of consumption ; while in our larger cities, but a few feet above the level of the sea, eighteen out of every hundred perish from that disease. It should, therefore, be the aim of every student, of every sedentary person, of every invalid, to have the room in which a very large portion of the inactive part of life is spent, as far above the ground-floor as practicable.

able, and in such a situation as will allow the sun to shine into it for the largest portion of each day, for this rarifies the air still more, and still more aids in developing and expanding the lungs by the greater depth and fullness of breathing which the increased atmospheric rarity induces.

A NEW "DISPENSARY."—To "poor white folks," and folks of every color, caste, and condition; to strangers who may be in New-York on any Sunday, who have no acquaintances, no friends, no money, nor any thing; to those who are kept here, expecting a remittance, which comes never; to all such who would like to "go to meeting," without the chance of having to stand half an hour, waiting for some slow or impertinent sexton to show him a seat up in the gallery, or under the gallery, on hard boards and without books; or that other chance, if placed in an eligible pew, of being invited out two or three times in the course of the service; or the still other chance of walking a mile or two up-town, on a scorching day, in search of an open church, without finding one, as if there were no religion in "dog-days," and the "old boy" had ceased hostilities for a spell, or was "out of town;" to all such it may be comforting to know that an elegant house of religious worship has been erected opposite the Fourteenth street front of the Academy of Music, where the Gospel is preached "without money and without price;" absolutely free to all; every pew-door is hewn away; and any unoccupied seat is as much yours as any millionaire's in the land; nobody has a right to bow you out of it. Services are held at half-past ten o'clock on Sunday mornings, and at half-past seven, Sunday and Wednesday nights, the year round; also on Sunday afternoons, at about four in summer, and three in winter. Every pew is plentifully supplied with books, in large print and small, with cushioned seats, and stools, and carpeted floor; it is the coolest, best lighted, and best ventilated church we have seen in this city, for its size and object. The minister neither whispers nor lisps, nor mumbles his words as if his mouth were filled with hot mush; nor are his tones so sleepy or so terribly solemn as to keep you in mind of a dungeon or a graveyard; nor is he a half-fledged divinity-student, practicing on the poor; nor is he an infirm or "weak brother," just put

in to fill up the place ; nor is he so painfully meek as to be unable to charge your sins upon you, or to stumble at such words as "hell" and "damnation ;" but he is an educated, earnest, fearless, practical preacher ; a man who does his work with a will ; he speaks as by "authority," and not "by your leave, sir." Blessing and honor be to the hearts which devised, and to the purses that caused to be executed, the enterprise on Fourteenth street, near Irving Place. Now let some of our rich city subscribers complete the work, by founding a sextonship and a pastorship ; and let their names be graven on the portals of the church, to be lisped with grateful memories by the poor, the friendless, and the stranger, for all time to come. And thus will the great and liberal city of New-York, while she has a number of medical "Dispensaries," where the penniless can have all the medicines they need for themselves and families, merely for the asking, may have at least one spiritual dispensary, where remedies for a mind diseased are administered absolutely free ; where the struggling children of poverty may be fed with "the bread which cometh down from heaven," and drink from that fountain opened in the side of Him who bled on Calvary ; where there will be found "a balm for every wound, a cordial for every fear ;" and where the forsaken and the despondent, the weary and the struggling, may find and feel that there is one to be heard of who "sticketh closer than a brother," and that on application to Him for relief, adapted to their various situations, they "shall in no wise be cast out."

WHEN BEGAN WE ?—We end never ! for the soul is immortal, and can not die. When the soul's existence commences is as yet a conjecture. Nor can we tell when the immaterial first takes up its dwelling with the material ; when the soul enters the body. But this we do know, that, at a point when the man that is to be is so minute as to require the microscope to determine whether it exists or not, the first faint outlines of the new being are defined to be a nervous system. The very first step cognizable to us, which nature takes to make a man a living soul, is to prepare the machinery, so to speak, through which that soul is to manifest itself. It

is the nervous system which first begins to live, and to appropriate to itself those materials of growth which eventually become the human body and make a man. Nothing can be clearer than that the nervous system of the new being is connected with and is dependent on that of the parent, and that the hues, the impressions of the young, depend on the character of those of the parent. If, at this time, the parent is in perfect health, and so remains, it is fair to presume that the child will be born in perfect health, body and mind. These statements make the strongest possible appeal to all who may become mothers, to make it their constant study, their steady aim and effort, to secure a healthful condition of the body and a state of mind which shall be uniformly all that the mother desires the child to possess—piety, integrity, dignity, and an elevation of soul, which proves relationship to the Infinite. If the mother that is to be, wishes her child to possess vigorous manly health, she must cultivate the strictest personal cleanliness, extending to the most minute item pertaining to the human body; she must eat with regularity, not oftener than thrice a day; she must keep her feet, by all possible means, always dry and warm; her sleep must be early, and of the greatest abundance that nature can possibly take, out of daylight; one half of each day should be spent in open air activities; and nearly all the time of in-doors should be employed in cheerful, interesting, active work, constantly diversified, so as not to overtax one set of muscles, and leave others comparatively idle. The very best course to pursue is, to take a part in every thing going on, in fact, “every thing by turns, but nothing long.” One of the most important items of advice that can be given in this connection is, that an hour or two should be spent in walking in the open air, at two or three different times, until the very last. Nothing so certainly, so safely, and so pleasantly contributes to an easy deliverance. A volume could be given of the most strikingly illustrative facts; but the single sentence must suffice. Let it be pondered well; let the father insist upon it, encourage it, and do all he can to make its performance easy and agreeable. These, with regular, daily, bodily habits, would add incalculably to the sum total of human happiness; whilst, by their neglect, by simply pass

ing the time in eating, lounging, and listlessness, in the wearing, irritating inactivities of a boarding-house, or hotel life, monsters in bodily shape, and imbeciles in mind, are constantly thrown out on society, to be disgusted by their presence, or to be taxed by their confinement in some insane retreat, or some friendly asylum.

As certainly as one end of a telegraph-wire is answered at the other, so certainly do the nervous conditions of the new being and the parent answer to one another, only with this difference: the telegraph responds from either end; in the case in hand, influences go out from the parent only. What kind of a character, then, shall be impressed on the coming man depends upon the abiding states of mind of the mother. The material was made to her hand; it is her part to mold it; to her are the destinies of this coming man committed, and the responsibilities are fearful. She gives the hues to an existence which is immortal and which it must bear for good or ill all along the way of that immortality, saving the modifications which Divinity may make. The true mother, then, will not at such an interesting, such a momentous period of her existence, allow her mind to be absorbed in questions of what she shall eat and what she shall drink, and thus give a gourmand to the world; she will not luxuriate in the frivolities of dress, in the study of the fashions, the dissipations of society, nor yield herself to the seductions of the courtier, the flatterer, and the ladies' man, and thus add another to the throng of the giddy-minded, the empty-headed, and the inane; nor let her not pine in pettishness and anger for what is now beyond her reach; for a position in circles and sets above her present sphere; let her not call in question the wisdom, the benevolence, or the justice of the wise and kind Father of all for her allotment in life; let her not employ the mind in irritating and wearing envies and jealousies, in carping criticisms, in wearing, wasting complaints, in oppressive forebodings of ills to come; let her, on the contrary, war against all these with the whole energy of her nature, regarding them as her worst enemies and the bane of domestic life. Let her constantly look at the sunshine and the sky, the leaf and the flower; let her take the first step toward all true elevation, the contemplation of individual un-

worthiness of any blessing the merciful One could bestow; then look around upon the innumerable ones enjoyed; and next wake up in gladsome gratitude, that such a profusion of goodness should come to one so insignificant, from the generous hand of Omnipotence. Then there will begin to flow in upon the heart all the time, a perfect flood of elevating emotions; there will be joy and gladness; there will be life and light; there will be mirth and song; there will be mercy and magnanimity; there will be sympathy and beneficence; and purity and truth, generosity and nobleness of nature will color the whole character, to be perpetuated in a long line of generations to come. A mother's responsibility! who can measure it? She has the molding of the race, for good or ill, in a measure only second to the God who made her! And honored far, far above kings and conquerors and potentates be she, however lowly may be her position among the millions of earth, who most deeply feels these responsibilities, and who most humbly endeavors to perform them according to her ability, leaning, meanwhile and always on Him, whose kingdom ruleth over all.

COOKERY.—There can be no doubt that health is sometimes undermined, and life itself lost, by bad cookery. The following items, gathered from reliable exchanges, are well worthy of attention.

BREAD WITHOUT YEAST OR DRUGS.—Bread can be made light, wholesome, and palatable to the unperverted taste, without rotting by fermentation, or poisoning with saleratus, cream of tartar, etc., in the following manner: Take cold water, the colder the better—ice-water is the best—stir in *unsifted* wheat-meal, enough to make a batter not very stiff; stir quickly while adding the meal, so as to introduce all the air possible. Put it in small patty-pans (cake-tins)—these are better than large dishes—and bake in a *hot* oven, hotter than for any other bread. Bake it half an hour or more. A little experience in making and baking will convince any one that bread can be made *light* without yeast or “lightening” of any kind, except air and water; and those who regard *good* bread as the staff of life will ask no better. If any should not suc-

ceed the first time, *try again*, for it can be done. The baking is the most important part of the operation; the oven must be *hot*.

The following directions for making bread were given by the ladies to whom premiums were awarded for the best samples shown at the Presque Isle (Me.) Agricultural Exhibition. Mrs. C. P. Bean says: "I take one and a half cupfuls of new milk, and the same amount of boiling water, and add flour to this to make yeast, and let it set till it rises; then add flour until the dough is thick enough for baking. Then let it rise one half hour; then bake it."

Mrs. Sarah A. Emerson's method: "Take one pint of boiling water, one half tea-spoonful of salt; when it is lukewarm, stir in flour until it becomes thick batter; set the dish in warm water, in a warm place, until the batter rises. Then mix with it one quart of sweet milk or water; stir in flour until it forms a thick batter; set it in a warm place until it rises; add flour until is hard enough to knead; then let it set until it rises again, and bake it by a gradual fire until done."

BAKED BEANS.—Few people know the luxury of baked beans, simply because few cooks properly prepare them. Beans, generally, are not cooked half long enough. This is our method: Two quarts of middling-sized white beans, two pounds salt pork, and one spoonful of molasses. Pick the beans over carefully, wash, and add a gallon of boiling hot soft water; let them soak in it over night. In the morning put them in fresh water, and boil them gently till the skin is very tender and about to break. Take them up dry, and put them in your dish; stir in your molasses, gash the pork, and put it down in the dish, so as to have the beans cover all but the upper surface; turn in boiling water till the top is just covered; bake with a steady fire four or five hours. Watch them, and add more water from time to time as it dries away. The molasses may be omitted.

BUCKWHEAT-CAKES.—Take about two quarts of water and one pint of milk, mixing in the buckwheat-meal, and about half a pint of brown flour, (the "middlings" of wheat.) This, we think, makes them much better than all buckwheat. Stir in two table-spoonfuls of salt, two large table-spoonfuls of good

hop-yeast, beat well, and when of the desired thickness, cover and set the batter in a warm place, if in cold weather, to rise, and by breakfast-time, next morning, they will be up to the top of the kettle. We leave from a pint to a quart of the batter in the kettle after each baking, to raise the next one—it not being necessary to make them with fresh yeast more than two or three times during the winter. To this batter we pour the water, milk, and meal, as before, for the next batch. When we do not wish to have them for tea, we pour cold water over the batter remaining in the kettle, and set it away in a cool place, to keep it from becoming sour, and pour the water off when we wish to mix them again. Too much milk would have a tendency to sour them, and also makes them more difficult to bake; but used in moderate quantities, it is a great improvement to them, both in taste and appearance.

RICE-PUDDING WITHOUT EGGS.—Wash a half pound of rice, and put it in a broad, shallow tin-pan holding four quarts, (we have a large family,) with a large tea-cupful of sugar, and a half tea-spoonful of salt. Fill the pan up with milk, fresh from the cow is best, and set in the oven or stove to bake, stirring it occasionally and trying the rice. When the latter is soft and begins to thicken the milk, the pudding is done. If it boils too long, or there is too much rice in it, it will be too thick to be good.

BEEFSTEAK—Should be cut nearly an inch in thickness, and divided, by the natural divisions where practicable, into pieces the size of your hand, or thereabouts. Cut away the most of the fat.

The best gridiron is the double one of wire, which you can shut your meat into and turn without a fork to let the juice out; but any gridiron will do if it is clean. The outside of a broiled piece of meat must be crisp, and (*turn it*) the inside juicy, to make it the most palatable and (*turn it*) nourishing. If you allow it to rest long with one side to the fire, (*turn it*), the juice and flavor rise to the surface and is lost. The great art (*turn it*) is to expose the meat at the start, for a moment, to such an intense heat, that (*turn it*) the several fibers may be seared in such a manner as to seal up—so to speak—the moisture. (*Turn it*) Steak can be cooked in this way until it will

not look bloody when cut, and (*turn it*) will satisfy fully those who like "rare" beef, without offending (*turn it*) such as prefer it "well done." Butter is worse than wasted—of course (*turn it*) you'll have it on the table for such as wish to disguise the taste of beef, as well as pepper and salt. (*Turn it.*) Your motto is, beef and fire. If your fire is a hot one, the steak is nearly done. Give the steak your entire attention, and turn it constantly.

BEEF-STEW.—A very economical and most savory and delicious dish can be made with two or three pounds of chuck-steak, (a cheap part of beef,) which infinitely surpasses the tasteless, insipid, common eating-house stuff called "*beef à la mode.*" Cut the steak into pieces about two inches square; put them into a sauce-pan, with a large breakfast-cup of cold water; put it on the fire; as soon as it boils up, stand it on the hole to simmer for two hours until perfectly tender. While simmering, tie up, with a bit of thread or cotton, a bunch of herbs, composed of knotted marjoram, winter savory, and a little thyme; take it out just before the dish is served. Of course the stew must be occasionally shaken, as all others are; remember, however, the fat must not be skimmed off; the more fat there is the better is the stew. This dish is of Italian origin, and in that country is eaten with plain, boiled macaroni and Parmesan cheese, or with salad; and with either it is a "dainty dish to set before a king." Any girl from a charity-school could cook it, while an alderman of Portsoken ward, and a three-stone man, or a cripple from the work-house, would equally enjoy it, and wish he could eat more.

HOMINY.—After the hominy is well washed, instead of putting it into an open pot or kettle to boil, as is the usual practice, get a tin kettle of the size wanted, put the same into a common iron pot that will hold about one third more, which will leave a space around the tin to be filled with water. Then put the hominy into the tin kettle, with a suitable quantity of water, fill the pot pretty full of water, put the lids on the kettle and the pot, and let the hominy boil upon the stove, stirring it two or three times while boiling. By so doing, it will be found that the quality of the article will be much improved; more than half the usual work of stirring and tending will be saved,

together with a large part of the work in cleaning the kettle after using, which has heretofore been the chief objection to cooking this dish. The tin kettle should be kept from touching the bottom of the pot, by means of a large wire, crooked for the purpose, and laid in the bottom, so as not to have the tin and iron come in contact while boiling. By this means, none burns to the kettle, and the burnt flavor, which is so noticeable in that cooked in the old-fashioned way, is entirely avoided.

WATER-PROOF GLUE.—Fine shreds of India-rubber, dissolved in warm copal varnish, make a water-proof cement for wood and leather. Take glue, twelve ounces, and water sufficient to dissolve it; then add three ounces of resin, and melt them together, after which add four parts of turpentine. This should be done in a water-bath or in a carpenter's glue-pot. This also makes a very good water-proof glue.

"SPAULDING'S GLUE SUPERSEDED."—The *American Agriculturist* recommends the following preparation for mending almost all articles that can be "stuck" together. It is named "Diamond Cement," and is often sold under that name at twenty-five cents for a two-ounce vial: Take one pound white glue; one quarter pound white lead, (dry;) one quart rain-water; one half pint alcohol. Place the first three ingredients in a kettle, and set the kettle in a dish of water. Boil it until the glue is dissolved; then add the alcohol, and boil again until all is well mixed. Keep it in well-stopped bottles. Use it in the same manner as glue. Should it be a little hardened when wanted for use, soften it by placing the bottle in warm water.

MUSH BISCUIT.—Make about a quart of Indian-meal mush or stirabout; while hot, add a piece of butter, about the size of an egg, thin it with milk, adding a little salt; then add some flour, thin it with a tea-cup of yeast, then add as much more flour as will make it the consistence of dough; knead it well, set it to rise, and bake with a hot fire. The meal makes the bread light, and thus removes the objection to the unhealthfulness of hot bread.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. IX.]

APRIL, 1862.

[No. 4.]

TO PARENTS, TEACHERS, AND YOUTH.

"I HAD rather see him in his grave," is the instinctive exclamation of a parent, in contemplating the choice for a child between death and a life-long confinement in a lunatic asylum; and yet, according to the uniform testimony of educated medical men at home and abroad, whose office it is to superintend those establishments founded for the restoration of the insane, thousands of persons languish every year in those institutions, and finally die in drivelling idiocy in consequence of practices fallen into unwittingly, and eventually habits formed in early youth, without the slightest idea of their being immoral or physically destructive. There are parents born, bred, and brought up in a pure, moral atmosphere, who are themselves profoundly ignorant of the existence of the things in question, and who, on the perusal of the following pages, will wisely and thankfully wake up, as if to the discovery of an unsuspected danger. The article is taken bodily from the Editor's book on "SLEEP," already within the year passed to a second edition.

CHILDREN SLEEPING TOGETHER.

As soon as children reach their seventh year, various good purposes would be subserved by their sleeping apart; indeed the

neglect of this arrangement has cherished feelings, and has ultimately led to early vicious practices, alike destructive of the health of the body and the purity of the heart—to become, years before adolescence is passed, a source of physical and mental maladies sometimes, from which death itself is a welcomed deliverance.

Here, a branch of the subject opens a field of investigation at once wide and important, but one which requires so much judgment in the handling, that it is a debatable question, whether or not it should be left unexplored. Some have treated the subject, but with such want of discretion, that Carpenter, of England, one of the best physiologists of the age, hesitatingly records his opinion and regret at the evil tendencies of the publications made.

During the later "teens" of youth, certain debilitating occurrences take place in the early morning hours in the rather un-

sound or dreamy sleep which precedes the waking up, which, if allowed to continue unchecked, waste away the vigor and flesh and strength of the body, eventually impairing the mind itself, causing an unaccountable depression of spirits, a distressing nervousness which declines sometimes into a settled stupor or deplorable idiocy; others again become furious maniacs, according to the various constitutions and temperaments of the persons affected.

This malady does not occur to all young or unmarried persons by any means, but it does afflict many to a greater or less extent; not especially hurtful to any, if it does not occur oftener than two or three times a month; that much is perhaps a necessity; beyond that, it soon becomes a disease, with the manifestations already described.

These occurrences take place as a result of nature's exuberance, or as a consequence of practices, of the ill effects of which,

those who engage in them, are most profoundly unconscious. These effects are sometimes traced to their legitimate causes by those who are unusually bright or thoughtful, the practices are at once abandoned, and the effects cease to be observed to any specially hurtful extent. But multitudes of the young never have the practices nor the deplorable results presented to their minds as cause and effect, and hence they continue the practices, and thus aggravate the effects, until the bodily and mental condition are alike pitiable and deplorable. Many parents who have grown up virtuously, witness with deep concern the pallid faces of once ruddy children, the trembling fingers, the averted eye, the thinned flesh, and the melancholy features; on inquiry, the feet are cold, the limbs weak, the body chilly, the appetite indifferent, the general system irregular, and pictures of a deep decline, wake up the affections in the deepest alarm: but nothing is

complained of; there is no pain, no suffering, while both parent and child may be alike unconscious of the existence of the causes of such effects; and while they are hoping for a change for the better to take place, for the renovating influences of the gladdening spring-time, or the bracing power of the coming fall, the malady may have run on to a condition irremediable, and the victim passes to the mad-house or to the grave.

The writer knew a gentleman of wealth, who had two sons; the elder was sent to a distant institution of learning at the age of eighteen years. He was a youth of manly bearing and of high promise. His attainments were unusual for one of his age; an estate was coming to him at his majority, which would yield him a revenue of twenty-three thousand dollars a year. His health began to decline. This was traced to prac-

tices into which he had been inveigled, of which no one could know any thing but himself. He was ignorant of their tendencies, and continued them until the morning debilitations became a drain so exhaustive to the vital powers, that he grew pale and thin and nervous. In a few months his bodily elasticity was gone. In place of the habitual courtesy, the high-bred deportment, and the joyous abandon which once characterized him in a remarkable degree, there was a listlessness of demeanor, a slovenliness of person and dress, with a settled shade of deep melancholy. A mental depression seized upon him, which it seemed impossible to remove by the amusements and diversions which commonly have great attractions for the young. In short, he became idiotic eventually, lost the power of speech, and now for nineteen years has not uttered a single word, nor is it at all like-

ly that he ever will, although thousands are spent every year in vain efforts for his restoration.

Some by the same means fall into consumptive disease and die in a few years; others become insane, and spend their weary lives in a lunatic asylum, or, in a moment of frenzied delirium, end their tortures and their existence by a suicide's guilty hand. Standard medical books abound in such deplorable narrations, but no public good could arise from varied repetitions. The causes and the consequences are the same, and the end uniformly deplorable. A very common cause is allowing children to sleep together, and when once the practices are commenced, sleeping together nourishes and cherishes them until they become an unquenchable and an unappeasable pleasure. There are, however, some so pure-minded, who have been so well brought up by worthy mothers, in being kept away from evil associations, that they

have never learned the pernicious lessons, and learning them intuitively is a bare probability. One of the very best safeguards, in this direction, is never to allow your own children to sleep with the children of others, even for a portion of a single night. Your neighbor may be as pure and blameless as yourself, but never having had the attention directed to the point in question, may have been remiss in the matter of her children's associations, or may have had an overweening confidence in their correctness, by which the taint may have been introduced, and may have grown into a settled habit without any conception of its existence ever having entered the imagination.

While sleeping together generally founds the habits in question, on the part of children and youth, sleeping alone affords the amplest opportunity of unbridled indulgence. Hence, if parents observe a decided manifestation of symptoms which have been enumerated, very

especially if connected with a seeking for solitude, with a desire to be alone, and sleep alone, the best means for ascertaining certainly that such habits exist, and at the same time, without wounding the self-respect, is to occupy the same bed for several nights in succession, in wakefulness, and the manifestations will be made in a most unmistakable manner, either as to the habits or the exhaustions. It is barely possible that a week shall pass without such exhibition. In either case, take your child into your confidence, and without blame or accusation, without any charge of criminality, but in an incidental and affectionate manner, say: "My child, I noticed something last night not uncommon with youth, and as you may not know the nature of it, perhaps it might be best for me to tell you all about it, because sometimes persons become deranged by it, or kill themselves." Then make the communication in such a way that your child may not feel like a criminal, and at the same time, may be deeply impressed with the nature

of the results which will follow a continuance of the practice. If the exhaustions occur without any connection with the practices, as is the case in multitudes of instances, from an exuberance of nature's fires, and hence without an iota of blame to the subject of them, or whether they have arisen from the practices in question, the remedy is the same, which is to adopt such means as will most effectually break up the occurrences, which can be done with comparative ease when the parent and the child work together, without there being any necessity of calling in a physician, which would be more or less embarrassing to all parties.

In using the methods about to be proposed, it is again particularly urged, as an important means of arriving more speedily at valuable practical results, that parents take special pains to show that they do not regard these things as degrading, as the result of criminal influences; for they are not so, necessarily, but simply as an exuberance of nature or of health, over

which the party affected has no control. It will have a good influence in every way, to let it be seen that it is regarded simply as an attack of illness, such as bilious fever, rheumatism, neuralgia, and the like. In this manner, the self-respect of the party is not wounded, and the way is opened for confidences and the interchange of affectionate sympathies, as in the case of other sicknesses, between parents and children, with the result that the means employed will be undertaken with a spirit and hopefulness which would not exist under other circumstances.

It may be proper here to advise parents of the existence of books of a vile character, which are scattered broadcast over the land, under various names, but the general term, 'Physiology,' is used to designate them. Under the pretense of explaining the physiology of the parts implicated, the passions and the curiosity are stimulated by illustrations and descriptions, and plates which no person of pro-

per self-respect would ever be seen examining, and which can not possibly fail of having a corrupting and a degrading influence. The reading of such books is fraught with unmixed evil. The first design is to effect a sale of the book, the next is to mislead the reader, to work upon the fears, under the guise of "frankness," and "humanity," and when the mind is wrought up to a pitch of frenzied terror of impossible things, to propose "a remedy efficient and certain in all cases, by reason of the fact that the writer has had a life-time's experience and success, his studies having led him to investigations and remedies, in the prosecution of which a fortunate accident led to a series of discoveries of incalculable value, and that out of sympathy for the misfortunes of the young, this mode of living usefully has presented itself."

Sometimes, a man constitutes himself a "Society," under some other taking designation, "Benevolent," "Humanitarian," and the like,

and advertisements, carefully worded, containing expressions of great charity and disinterestedness, are scattered every where, carrying with them influences and results of a most deploable character. The young are lured by them, first to apply for a circular or a book, sent, sometimes, absolutely free of all cost, with the expectation, but too frequently realized, that the next thing will be an application for advice. The symptoms are inquired for, then comes a letter enlarging upon the "very dangerous character of the case, but that, possibly, by prompt and very close attention, the evil may be warded off, although it will necessarily be very expensive."

Let it suffice to say, that city physicians are constantly applied to, anonymously, for advice. The general tenor of the letter is, after expressing, in the most lively terms, the mortification and self-abasement felt, with the strongest self-accusatory confessions, to say that having expended ten, fifty, a hundred dollars, and some-

times several hundred, in taking medicines of some individual or society, they find that, if benefited at all, it was but transiently, and that their troubles have returned. But while in correspondence with their wily advisers, great care was taken by them to impress on the mind of their victim the disreputable nature of the ailment, to the following result, in cases not a few: Means have been devised by the victims to procure money in an unauthorized manner; how many "tills" of employers have been invaded; how many parental treasuries have been surreptitiously depleted; how many false representations of needs have been preferred to indulgent and confiding parents, may never be known; but that these things have been done on an extensive scale, and that it has been the first step towards actual crime in many a youth, only ending in the penitentiary or the gallows, is certainly true; and that the number is multitudinous, can not be reasonably questioned for a moment. It could

not be otherwise; the youth is alarmed, and sensitive as the young are to such developments, it is not wonderful that their brains are literally racked with devices to procure the ways and means for meeting the remorseless demands of the "practitioners" named; and that those who have no means of making or earning money, should resort to subterfuges, and to untruthful representations, or to conduct actually criminal, in order to raise the requisite amount, requires no special stretch of the imagination to conjecture. Hence, the judicious use of the suggestions of these pages may save, and will save many a youth from a fate worse than that of death itself.

These pernicious books, with a great show of frankness, give various formulas for making the requisite medicines to be taken; but these are, for the most part, known to be inert. This is adroitly done, for the victim in all cases will certainly try what can be done, in the hope of avoiding the necessity of a confession or exposure, or

the payment of a considerable fee. When, however, the means prescribed fail, the next impression is that it must be a very aggravated and threatening case, and at once the way is prepared for a consultation and the subsequent demand for a high fee.

Let it be distinctly remembered there is no absolute cure for the exhaustions in question short of marriage, old age, or death. There are some remedies which repress them while they are taken, and for a short time after, but the trouble returns, and with it the necessity for renewed applications for advice and remedies, and with them renewed extortions.

No medicines should ever be used by the persons themselves, on their own judgment and responsibility; nor should they be advised by any but the educated physician. Hence, there will be proposed in these pages only such remedial and moral means as can be employed with perfect safety and with an infallible good effect, more or less decided, according to the

fidelity with which they are attended to, and according to the force of character and will of the person employing them.

Let it be remembered that these early morning exhaustions often arise in debility, without any other cause, as swollen feet and ankles arise from debility from various causes, and do not exist of themselves as an evidence of the last stages of consumption, although it is a symptom which generally attends the last stages of that disease, but it is not a "sign" of it, for it exists in other cases of debilitating disease when the lungs are not at all consumptive. The occurrences in question, when excessive, are of themselves simply a "sign" of debility, but greatly aggravate it, and thus they react on one another. Debility produces them, they increase the debility, and in process of time a single occurrence so depresses mind and body, that for hours and even days afterward, the mind is utterly incapable of concentrating itself properly on any business, while the body

is absolutely unfit for any efficient employment, except at a sacrifice of its well-being.

But there is another enormity to which attention is specially invited. The remedies employed, which are repressive, are believed by many intelligent medical practitioners to be hurtful if injudiciously used; that is, used too largely, or too long; hurtful to the extent of a life-long disablement; and it is easy to conceive that a young or inexperienced, or reckless, or unprincipled practitioner may be tempted, by a variety of selfish considerations, or be led by actual incapacity, to employ these medicines to the hurtful extent named. Nor is this all. In the event of failure of success, men have been found vile enough to advise as the only means of cure, when marriage was impracticable, unlawful associations, which is but the opening of the flood-gates of vice, leading to the ruin of all that is noble and virtuous and pure; and how greedily the mind would lay hold of the excuse of the necessity of the

thing, backed by the counsels of a medical adviser, all heedless of the utter selfishness of an act which brings a mere conjectural good to self, at the expense of an irreparable ruin to another! No one, it is repeated, can fail to see how willingly the mind would lay hold on such an apology as a satisfactory reason for greedily embracing the tempting alternative. It was in this connection that one of the most eminent medical writers has expressed his "regrets to be obliged to remark that some recent works which have issued from the medical press, contain much that is calculated to excite, rather than to repress the propensity, and that the advice sometimes given by practitioners to their patients is immoral as well as unscientific." And it may be said without exaggeration, that of all the rash and reckless and demented (for the time being) creatures in the universe, the greatest, the highest in the scale is the person who allows a single indulgence out of honorable and legalized wedlock; for one error in

this direction is but the opening of flood-gates as resistless as an Alpine avalanche; it is the lighting up of desires as unsatisfiable and as remorseless as the Norwegian Maelstrom. And not only so, a single error, committed in a much briefer time than is sufficient to express the sentiment, has been followed, in literally millions of cases, by the most revolting of human maladies, which, when even cured as far as external indications are concerned, still burrows in the system, poisoning the whole blood, and liable at any time to break out again like the smothered fires of a hatch-closed ship, to eat the flesh away, rotting even the bones, until life becomes a drawn-out torture. And in all cases when the system has been once impregnated with the virus, it never being eradicated, however perfect the health may seem to be, the effects are perpetuated to the offspring, to grow up with a worm at the root of life, a poison at the fountains of health, which sends out disease to every fiber of the system, cor-

rupting the blood and vitiating the whole body to such an extent, that it never knows an hour of pure health during its entire existence, although it may drag itself in weariness to the verge of three-score years and ten, literally years of sorrow and suffering! Such are some of the dangers to which the young are deliberately counseled to expose themselves, in the numberless cases where the medical adviser finds that all his vaunted remedies fail of even a temporary cure, and in recklessness and desperation, he counsels the passing of the Rubicon, with the results to the victim just described. And that under the circumstances, and with these views, which are true without exaggeration, it is the duty of every parent to know the position of his child in these regards, can not for one single moment be questioned by any rational mind.

For a further consideration of the subject, with the absolutely costless, perfectly safe and generally efficient treatment, see the Editor's book on "Sleep," \$1 25.

INVERTED TOE-NAIL

Is excruciatingly painful, and has repeatedly destroyed life, by mortification or lock-jaw. The nail does not grow into the flesh, but the flesh being irritated by a tight shoe, inflames and swells, crowding itself up against the sharp and unyielding edge of the nail, until it ulcerates, when the slightest touch is agonizing.

1. The old remedy was to drag out the entire nail with pincers, but even this was not always successful, terrible as it was.

2. Cut a notch in the nail down to the quick, along the center of the arch, from the root outward, or scrape it with a glass; this breaks the arch, and the pressure at the sides tends to close it up, and thus relieves, because the nail changes its curvature, and the outer edges turn up, instead of down.

3. Take equal quantities of blue vitriol (sulphate of copper) and common alum burnt; reduce them to a fine powder, mixing them together most thoroughly; then sift it through muslin; next, wash the parts well with Castile soap-suds, and apply the powder; repeat this four times every twenty-four hours.

4. Scrape the whole nail moderately with a piece of glass, so as to diminish its thickness considerably; then rub it all over well with a piece of solid nitrate of silver, moistened with a little water; then apply a hot poultice of linseed-meal, to remain until next morning, when the whole nail will be loosened, and may be removed without any pain; if not entirely loosened, make another but milder application of the caustic.

5. Scrape the toe-nail to the quick with a piece of glass, from the root outward, as near as possible to the ailing edge; then, with a pair of pincers, catch hold of the edge of the nail farthest from the sore spot, and gently draw the nail away from it toward the center, and repeat daily.

6. Freeze the parts; scrape the nail longitudinally to the quick, the eighth of an inch from the ailing edge; then with tweezers draw out the offending part; this is done without pain.

7. Spread an ointment of per-chloride of iron on some lint, and lay it over the excrescence; renew it twice daily, and in four days the excrescence becomes dry, is easily detached, and in a week all is well.

8. When there is "proud flesh" or ulceration, drop two or three drops of melted tallow between the nail and the granulations. One application usually gives immediate relief, by the hot tallow insinuating itself in every interstice under the nail, acting as a liquid cautery, the parts drying up in a few days.

9. The editor's plan is simply to insinuate, with a bodkin or silver teaspoon-handle, a small amount of lint or cotton between the edge of the nail and flesh, in the gentlest manner, and let it remain there until next day, when more is to be insinuated, and so on, until, by the absorption caused by the pressure, the swelling or proud flesh entirely disappears. If this is done when attention is first directed unpleasantly to the toe, it gets well in a day or two. If neglected until there is great pain and swelling, or ulceration, it is better to go to bed and keep the toe poulticed with bread and milk or linseed-flour, put on hot and renewed every four hours; then scrape the nail to the quick at the center, from the root outward, and proceed as above. Remember that it is best, in trimming both finger and toe-nails, not to trim down to the corners, but let the nail grow out rather more square, not rounding off at the angle. It will hasten the cure, if the cotton, after being put in, is moistened with liquid nitrate of silver, forty grains to the ounce.

PHYSIOLOGICAL APHORISMS.

1. The foundation of three fourths of all cases of consumption is laid before the age of twenty-five years ; in women, during their teens.

2. The hereditary element is not of special account as a cause of consumption, as less than twenty-five per cent of cases are clearly of consumptive parentage.

3. One of the ruling causes of disease and premature death, in large cities, is found in that exhausting strain of the mental energies in the struggle for subsistence—a death-race for bread.

4. Insanity runs in families ; but, as in the case of family likeness, it sometimes overleaps a generation or more.

5. Personal resemblance entails like characteristics of mind and disposition.

6. A current of the purest air from the poles, for half an hour, on a person sleeping, sitting still, or overheated, is a thousand-fold more destructive of health and fatal to life than the noisomeness of a crowded room or vehicle, or the stench of a pig-stye for thrice the time.

7. To exercise in weariness, increased by every step, is not only not beneficial, it is useless and worse than useless ; it is positively destructive.

8. As no good traveler, after having fed his horse, renews his journey in a trot, but with a slow walk, gradually increasing his pace, so in getting up to address an assembly for a continued effort, the first few sentences should be uttered in a low, slow tone, gradually intensified, otherwise the voice will break down in a very few minutes, with coughing or hoarseness.

9. A growing inability to sleep in sickness is ominous of a fatal result ; in apparent health, it indicates the failure of the mind and madness ; so, on the other hand, in disease or dementia, a very slight improvement in the sleeping should be hailed as the harbinger of restoration.

10. No one can possibly sink if the head is thrust entirely under water, and in this position a novice can swim as easily as walk, and get to shore readily by lifting the head at intervals, for breath.

11. Intense thirst is satiated by wading in water, or by keeping the clothing saturated with water, even if it is taken from the sea.

12. Water can not satisfy the thirst which attends cholera, dysentery, diarrhea, and some other forms of disease ; in fact, drinking cold water seems to increase the thirst, and induce other disagreeable sensations ; but this thirst will be perfectly and pleasantly subdued, by eating a comparatively small amount of ice, swallowing it in as large pieces as practicable, and as much as is wanted.

13. Inflammations are more safely and far more agreeably subdued by the application of warm water than of cold.

14. Very excessive effort in a short space of time, as in running, or jumping a rope, etc., has repeatedly caused instant death, by apoplexy of the lungs, the exercise sending the blood there faster than it can be forwarded to the heart, and faster than it can be purified by the more infrequent breathing on such occasions.

15. No disease ever comes without a cause or without a warning ; hence endeavor to think back for the cause, with a view to avoid it in future, and on the instant of any unpleasant bodily sensation, cease eating absolutely until it has entirely disappeared, at least for twenty-four hours ; if still remaining, consult a physician.

16. The more clothes a man wears, the more bed-covering he uses, the closer he keeps his chamber, whether warm or cold, the more he confines himself to the house, the more numerous and warm his night-garments, the more readily will he take cold, under all circumstances, as the more a thriftless youth is helped, the less able does he become to help himself.

URINATION.

CAREFULLY conducted and reliable experiments show, that when the thermometer is at seventy, and the air is fine, dry, and clear, a healthy adult will pass something less than three pints of urine in twenty-four hours; but he will pass six pints if the day is raw and windy, the atmosphere saturated with dampness, and is several degrees cooler.

On the other hand, it is found, that on a beautiful, clear day, six pints of fluid are passed from the skin and lungs, and but four pints on a damp, raw day. That is, on fair days, thirty-eight per cent of the fluids passed from the system is in the shape of urine; and sixty-two per cent by skin and lungs. On damp, raw days, seventy-one per cent is in urine, and twenty-nine per cent in perspiration. Every observant person knows that he does not feel as lively, cheerful, and buoyant in raw, damp weather, as when it is clear and dry. The reason of this is, that counting a pint a pound, there is in a damp day, one or more pounds of matter in the system than there ought to be: it is then no wonder that on such days we feel heavy, depressed, dispirited, and gloomy. In fine weather, this matter, for which the system has no further use, passes steadily from the body as fast as it accumulates, and we feel elastic in body and in mind, buoyant, and cheerful. In damp, raw, windy, and cooler weather, the pores of the skin are closed by these four agencies; the waste fluids can not pass in this direction, but must find exit, in greater part, through the bladder, to be emptied at varying intervals. It follows, then:

First. The warmer the weather, the greater the perspiration, and the less the urine.

Second. As exercise promotes perspiration, the more exercise, the less urination.

Third. Hence, unequal amounts of urination from day to day, do not necessarily indicate disease; for it is Nature regulating the "waste ways" of the system.

Fourth. As persons feel best when the pores of the skin are open, free and soft, as in perspiration, the surface of the body should be kept soft, warm, and clean, as a means of health and that general feeling of well-being which happiness the heart.

Fifth. If, in dull, damp weather, the system is burdened by a pound or more of fluid substances which ought to be out of it, almost the entire amount of discomfort engendered by it could be readily avoided, by eating and drinking one half less on such days than on others; that is, about a pound and a half, instead of three pounds, in twenty-four hours.

Sixth. As we naturally perspire less in damp, raw, cold, windy weather, it is the dictate of wisdom to excite perspiration artificially by steady labor, or active exercise in the open air.

But the great misfortune is, that instead of eating less, and exercising more in bad weather than usual, we exercise less, because we are afraid of the weather, and we eat more because we have nothing else to do, and being the only source of pleasure, we yield ourselves more completely to it. The same reasoning is applicable to the Sabbath-day—to wit, exercising but little, we should eat but little.

PAIN

Is a blessing, being Nature's admonition that something is wrong, and impels to its rectification. If, for example, there were no feeling in the fingers or feet, they might any night be frozen or burnt off, and we would wake in the morning to a life-long deformity.

The immediate cause of all pain is in the condition of the blood acting on the nerves, it being too thick, too abundant, or too poor. If too poor, it must be enriched by the introduction of iron into the system. When too abundant, it must be lessened in quantity by working it off in exercise, and by diminishing its supply, which is furnished by the food eaten. When too thick, which is the same as being impure, it must be remedied by a large and daily exposure to the fresh, pure, outdoor air, because every breath goes in pure, and as it were empty, but comes out loaded with impurity. Hence animals, being out of doors all the time, remain still, and without exercise get well, because, breathing a pure air, every breath is directly remedial.

The more fixed and severe a pain is, the more dangerous it is, as it will soon cause destruction of the parts. When pain is shifting, it is only functional, and arises merely from a surplus of blood in the veins or arteries, pressing against the nerves of the part. In some cases, accumulations of wind or gases cause pain. Pain being the result of too much blood in a part, as a very general rule, the remedy, in severe and pressing cases, is to apply a mustard-plaster near that part, which draws the blood away, as is seen by the reddening of the skin.

The most agonizing pains are often removed in the twinkling of an eye, by dipping a bit of cloth (woolen, flannel, or cotton) in a mixture of equal parts of sweet oil, chloroform, and strong spirits of hartshorn just shaken together, and spread over the spot, with a handkerchief wadded in the hand, and held over the cloth, so as to retain the more volatile ingredients; to be removed the moment the pain ceases.

The safest and most comfortable application in nature for the relief of all pain, especially that arising from inflammation, is a woolen cloth kept, very warm, even hot, by the steady addition of hot water, or a stream of warm water, where the painful part admits it. When pain is severe, sharp, or thrilling, there is inflammation, and arises from there being too much blood in the arteries; if dull and heavy, it is caused from there being too much blood in the veins.

The pain of inflammation gives heat; hence, headache with a hot head, is from too much blood in the arteries, and there is throbbing; draw it away by putting the feet in very hot water; this often removes pain in any part of the body above the ankles.

When there is too much blood in the veins of the head, there is a dull pain or great depression of spirits, and the feet are always cold. It is this excess of blood in the veins of the head or brain, which always induces the despondency which so frequently causes suicide. When this is attempted by cutting the throat, the relief is instantaneous, and the victim becomes anxious for the life he had just attempted to destroy. Hence, a good out-door walk, or a hot bath, a sudden fit of laughter, or a terrible burst of passion, by dispersing the blood to the surface from the centers, puts the Blues and Megrimms to flight also.

THE TEETH.

NATURAL teeth, clean, perfect, and sound, are essential to the comeliness of any face; they not only add to the comfort and personal appearance, but contribute largely to the health of all; hence, special and scrupulous attention should be paid to them daily, from the fifth year, each tooth being minutely examined by a skillful, intelligent, and conscientious dentist every third month, up to the age of twenty-five, when they may be considered safe, with a semi-annual inspection. Avoid cold and hot food and drinks most sedulously. If a "pick" is ever employed, let it be of wood or quill. Never use a dentrifice prepared by stranger hands. Tartar on the teeth is formed by animalculæ, some of which are instantly killed by soap; others by table-salt; hence wash the teeth with a wet brush, drawn across a piece of white soap every other night, at bed time, using the salt but once a week, which, perhaps, whitens the teeth as safely and as well as any thing else. Pure sugar melts without a residue, and passes into the stomach at once, hence can not possibly hurt the teeth by its adherence to them. Heat, and cold, and acids are the things which injure the teeth on the instant of touching them. Sugar can only act perniciously in so far as by its too free use, it causes Dyspepsia. A doughnut, daily, will sooner hurt the teeth than a lump of sugar. Roast beef and canvas-back ducks, oyster-suppers, and lobster-pies, pastries, and puddings, are a thousand-fold more destructive to the teeth than pure candies, because they are the direct agents of dyspeptic disease in the masses, and disorder the stomach, generate acid gases and a liquid so sour, that when it is belched into the mouth, it has been known to take the skin off of the throat and inner lips. Much harm has been done by propagating the notion that sugar and candies are hurtful to the teeth, by drawing attention away from the general causes, such as gourmandizing hot foods, ice-cold drinks, and want of tooth and mouth cleanliness. Teeth hereditarily poor, may be kept in a good state of preservation for many years, if well watched, kept plugged in a finished style, cleaned as above, and the stomach is made to do its duty, by a temperate, active, and regular life. Great stress has been laid on the fact that a solid tooth becomes soft and pulpy if steeped in syrup for a few days, yet no apparent effect is produced on a tooth soaked for weeks in a solution of calomel, which so many claim to be a most deadly agent to the teeth. Pure sugars and candies do not injure the teeth, except indirectly, by their injudicious use, exciting acidity of stomach or dyspepsia; as will any other kind of food condiment, drink or beverage, even roast beef, brown bread, or Boston cracker, if extravagantly used. All infants and young children would die in a very few weeks, if not allowed to eat any thing containing sugar, because they need the carbon of the sugar to keep them warm; their extravagant, their insatiable fondness for every thing sweet, is a wise instinct of nature. If candies were used as desserts in winter; and fruits and berries, in their natural state, ripe, raw, and perfect in summer, to the exclusion of pies, tarts, pastries, and puddings, human life would be extended, and many dentists would have to seek other occupations.

The teeth should be washed with a stiff brush on rising, and with an old, used brush immediately after each meal, always employing lukewarm water, or holding cold water in the back part of the mouth until it is warmed. Never eat an atom after the teeth have been washed for the night. Always use the brush slowly, lest by a slip, a tooth may be scaled or broken. After meals, let the bristles of the brush be moved up and down by a twisting motion, making each one a tooth-pick. A yellowish tint to a tooth is proof of its soundness; hence do not seek to keep them of a pearly whiteness; it destroys them.

THE MANSE

is another name for the "Parsonage," and is understood to mean a dwelling-house belonging to a church, congregation, or society, used as a residence for its minister. The advantages of such an arrangement are numerous and important, both to the clergyman and to his people.

1st. No time need be lost, when getting a new minister, in hunting a suitable house for his family. THE MANSE BEING PAID FOR.

2d. The pastor would be always sure of a shelter and a home, whatever might be the scarcity of houses, or however great the pecuniary inflation; he would be also exempt from any inconvenience resulting from the change of landlords, from their death, from their failure, or from their impositions and exactions; while his people would have a personal and pecuniary interest in keeping it always in full repair, which would be done, in most instances, without the direct expenditure of money, and thus not be felt; as almost every society would number among its members the carpenter, the painter, the mason, the plasterer, etc., etc. In this way the manse system obviates one of the chief items of expenditure, and removes one of the greatest sources of annoyance.

3d. No man of culture, intelligence, and liberality, and especially no Bible Christian, will fail to feel in reference to his minister, that "the laborer is worthy of his hire;" and it is quite as evident, that the less a society *feels* the tax for supporting a preached Gospel, the better. Thoughtful men also know, that a large majority of the clergy of all religious denominations, are inadequately paid. In no department of business-life, is the pecuniary compensation so small, so disproportioned to the talent, the capacity, the mental power, and the moral worth, as in reference to ministers of the Gospel. The same intelligence, the same probity, the same industry, the same conscientiousness, would not in any other direction fail to realize a multifold greater compensation, as far as mere money is concerned. If, then, every society had its manse, the chief item of the minister's expenditure would be at once canceled, and thus his adequate support would be less likely to be felt as a burden; there would also be less necessity for dependence on the contributions of those who were not members of the church; and a

THE MANSE.

greater feeling of independence on the part of the minister in the discharge of his duty as a faithful and fearless servant of Christ, would inevitably ensue.

4th. If the manse were paid for, it would be equivalent to an increase of perhaps twenty-five per cent to the minister's salary, in the great majority of cases; for the "house-rent," costing the people nothing, in the present, would gradually be lost sight of as an item, while the "old figure" for the minister's support would be the sum which the people would feel ought to be raised; thus, the house-rent thrown in, would inure to the benefit of the whole congregation in a greatly increased degree; in that the minister would have more time to devote to the members of his charge; his mind would be less diverted from his great and more appropriate work, by the uncongenial pressure of worldly matters; by the chilling study of how to meet necessary expenditures; by devising annoying and perplexing and humiliating expedients and make-shifts; and by the hard necessity of turning a deaf ear, and a cold eye, and a heartless denial, upon the mendicant, the fallen and the unfortunate at the door, while at the same instant of time, he was penning in his study an appeal to his people for the habitual exercise of godlike charity.

That society is greatly and unwisely derelict, which, in its pastor's salary, allows no margin for benevolent deeds; because not only does that heart grow warmer and better and more divine as it practices good-doing to the desolate, but it infuses its spirit into every page written, into every sermon spoken, and into every prayer uttered, to kindle up other hearts, to warm up other benevolences, and thus wake a whole community to godlike practices; and never since the world began did any such community ever fail of a largely-increased worldly thrift, to say nothing of the promise of the life that is to come; because he who "considereth the poor, lendeth to the Lord," who promises to repay with a heaping measure, running over in this life, and in the world to come, life everlasting.

5th. The amount paid by clergymen for rent, in any one year, as to the larger denominations, will run from fifty to eighty thousand dollars, which, as it were, goes out of the family, out of the church, and hence is equivalent to that much absolutely sunk; it is that much paid annually as inter-

est, and is that much lost to the great fund for the promotion of the Redeemer's kingdom, and must be thought of with regret by every practical, thinking, working Christian.

6th. This is but the half. The ultimate working of the manse system, would, without taking up space to write out the argument, be to these two ends.

(1st.) The salaries of the clergy would eventually average what they do now, with the rent thrown in.

(2d.) This fifty to eighty thousand dollars a year would not only be that much saved, but an equal amount would be paid in addition; for the minister would not only not have to pay out a hundred dollars for rent, but would have his rent thrown in; thus it would be equivalent to two hundred dollars to him; to a hundred, or a hundred and sixty thousand dollars a year to any large denomination.

7th. If the manse scheme were proposed to-morrow, the people would at once begin to think and talk about it; and inevitably a growing interest would be felt in it, in every society where there were any true piety and zeal for the cause of Christ; and gradually, sums smaller or larger, would be left by will by the members; for it would be something tangible; something permanent; something connected with the material interest of the community, to say nothing of the more important spiritual benefits, and the mothers in Israel and the patriarchs in the church, and the Dorcases of each society, would, as they passed away, leave tokens of remembrance in this direction, so that eventually the price of every manse would, in reality, be that much saved to the church, since but for the manse, it would have gone into other channels.

8th. Further: in villages and small towns, half an acre of ground, or one or two or three acres, would very naturally surround the manse as a part of it, and in the country five or ten acres. Benevolent persons would say in life, or at death: "I will give this lot of ground for a manse, if the people will build the house." In many cases this house could be erected by the mechanics, lumber and hardware merchants of the place, without their "feeling it;" and thus a generous emulation in liberality would be engendered, without the people feeling that they were giving their money directly to the minister; in fact, they would be only improving their own property, with benefits,

THE MANSE.

pecuniary and otherwise, resulting directly to themselves, to their children, and their children's children; and with a bit of land attached to each manse, each conscientious clergyman would feel it to be his pleasure and interest, as well as his duty to do somewhat for its improvement and embellishment; and in time, the manse would, by reason of the intelligence and taste necessarily belonging to cultivated minds, become the beauty and the pride of the community round about; and the young of the congregation or parish would have associations connected with their minister of the sweetest character; associations of green trees, and flowers; of bowers and of graveled walks; of the dew-drops and the singing-birds; of the early morning, with the sunshine and the cloud of showery April; the perfumes of leafy June, as well as of the sweet sadness of autumn; and through it all would run the more hallowed associations of the pastor of one's youth; his unvarying smiles of welcome; his sympathizing tear at the funeral; that merry twinkle of the eye which comes from heart-gladness at the wedding; and the tremulous utterances from the sacred desk, which well up from a heart in deep concern for the soul's best interest of those who are listeners to the preached word. Each of these will leave an impress on the mind of childhood; together, they would make it so vivid that its memories would not fade from the heart or the affections to the latest hour of the longest life, while they all would have a tranquillizing, a soothing, a restraining and a sanctifying influence even, of no small importance. Contrast this with the clergyman living in some unrepaired, dilapidated dwelling, or on some bald situation where not a tree or bush is to be seen, with that stereotype sadness which soon enshrouds the face which answers to a mind habitually disturbed by painful economies, by pressing pecuniary obligations or scanty payments, long past due, and can a child fail to attach "*désagréments*" to the religion which that minister professes, and thus be unfavorably affected towards it? There is much, very much, in this thought which may be profitably matured in any Christian mind.

9th. Another benefit is, that on a very small piece of land, intelligent industry may raise enough to meet a considerable portion of a minister's expenditure, and thus, as his family

grows larger, his salary remaining the same, he may have some resource for this increased cost of living, and thus avoid that wearing harassment which attends the inquiries: How am I to educate my children; how am I to meet the greater cost of dressing them as they grow older?

10th. In weak congregations, whether from their just struggling into existence, or from emigration, deaths, failures, monetary crises, colonization, or the like, the manse, with a small amount of land, would be something to fall back upon; for by cultivating it more rigidly, money would, as it were, be created; it would be a "mine" of considerable value, and whether much or little, it could never be exhausted. From a single acre of good soil, scientific cultivation will cause an annual yield of from one to two hundred dollars; and with no house-rent to pay, this would go very far toward supporting a family in very many parts of the country; at least, it would be the means of keeping up the stated ordinances of God's house, without intermission, until better times came.

11th. The minister could make more out of a small piece of land, with less outlay of money, than almost any other person, because he could do it without hired help; without horse, wagon, plow, or seed; for one member of his parish could plow half a day for him; another could chop wood half a day; another haul half a day; another furnish a little seed of one kind; another of another kind, and so on; and all these "without missing it," while the very fact of the kindness done, (too small to make an obligation of it, as against the minister, yet large enough to draw out his kindly feelings,) does but afford the giver an opportunity of a good turn without cost, to the one who, of all the persons of his acquaintance, has the most claims upon him; and toward whom a good turn done, gives the most unalloyed satisfaction. And if the minister's wife had a little of any thing to sell, of a surplus, or which she might think she could not so well afford to use herself, it may reasonably be supposed that almost any member of the society would prefer the purchase, and even embrace the opportunity of giving a higher price, as a means of a little donation, without its being felt as such. That such interchanges as these, in connection with the manse scheme, would have a happy social influence, in every bearing, will scarcely be denied.

12th. Last, not least, with a little land to cultivate as a means of that exercise, without which vigorous health is an absolute impossibility, the manse scheme is of incalculable value. On a single acre of land, a man can expend two hours a day, for every day in the year, in which the ground is not frozen, or there is no rain; this would save the expense of a horse to ride for exercise; or that most intolerable of all tasks, to an educated, active mind, an aimless, monotonous walk of a mile or two, and back. To be sure, a walk or ride is better than nothing; but the same amount of time spent in doing something which is profitable, interesting, and agreeable, is not only of treble value as regards its healthful influence, but it is that much time saved to the man, to his people, and to the world; for that hour has not only secured a variety of healthful influences, but it is an hour saved, and there is the result in work to show for it.

The want of facilities for exercise, is the great trouble with clergymen. The manse scheme not only gives them exercise, except in cities and large towns, but gives them remunerative exercise; and gives more time for study, by relieving them from pecuniary pressure; and also by increased health, enables them to study to greater advantage in the same space of time; thus in its reflex influences again blessing the giver, the church to which he belongs, the community in which he lives, and society at large. In view of the whole subject, what lover of the Lord Redeemer is there, who might not do the Church a large service by determining to take the initiative in founding a manse for his church, which shall be an enduring source of pecuniary and spiritual good to the congregation long after the Master has called him to go up higher, and thus have his work to "follow" him, till time shall be no more?

THREE IMPOSSIBILITIES.—To overestimate the greatness of redeeming love. To overestimate the joys which God hath prepared for those who love him. To overestimate the obligation under which we are laid to consecrate our time, our talents, our fortunes, and all that we have and are, to the promotion of God's glory, and the happiness of our fellow-men. With such a consecration, no man has ever avowed, or ever can say, on a dying-bed, that if he had his life to live over again, he would serve his Maker less zealously, and would do less for his country and his kind.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. IX.]

MAY, 1862.

[No. 5.

SCHOOL-CHILDREN.

MANY an industrious, frugal, hopeful, ambitious, and honorable young man begins life with a wife, and a buoyant determination to build up for himself a character and a fortune. But within ten years he has become a careless, indolent, and shiftless loungeur. Physicians have peculiar facilities for observing the inner life and histories of the families in which they practice, and know that the downfall of some of the most promising of them had its beginnings in a sickly wife, the secret of her unhealthfulness not having developed itself until after marriage. In this country, the mass of families set out in life with the calculation to make their own fortunes. Nine tenths of those who are rich to-day, began married life poor, relying on themselves alone, while their coëvals who leaned on "rich relations," or married a wife whose "father" wasn't "in heaven"—hence lived to fail in business, leaving nothing behind him but his debts—have been civilly and socially, if not physically dead many years.

One of the first clouds to obscure the blue sky of many a steady and industrious young man's hopes and ambitions; one of the very first things to open up to his mind the unanticipated fact that marriage is not always the thing it is cracked up to be, is that his wife is an invalid, or is at least often "complaining." If he loves her, this depresses him, makes him uneasy, and he remains at home to watch over her. The next step is to call in a physician; then comes the drug-store; not only involving

the actual expenditure of money, but neglect of business. These things are repeated from time to time. Meanwhile the household affairs go behindhand. A servant becomes necessary, or those already in the house very naturally grow more wasteful, indifferent, idle, and impertinent, as soon as they perceive that there is no one to look after them. Home next becomes less inviting than it was. The young mechanic or merchant, wearied in body and mind, does not find that solace and comfort and rest in that home which he very naturally looks forward to, as the night comes on. His wife's want of health distresses him; the want of tidiness about the house annoys him, while the evident waste is a downright discouragement; and not a great while passes before he settles down in the conviction that it is not worth while for him to attempt to become a rich man. He then begins to feel that the most he can do is to make both ends meet; and the very day a young man gives up all hope of laying up any thing, he is lost, as far as becoming a thrifty citizen is concerned. This is as certain a result, as that beginning to lay up something from his own exertions is the first step toward redeeming any man from thriftlessness and beggary.

But to continue the above history. After a while it is found that not only is nothing accumulated, but there comes the necessity of getting things before the money has been earned to pay for them; then follows the demon of debt, with its pall of blackness of darkness, its secret eating out all man's sensibilities, its feeling of being beholden to others, its sense of dependence, of inferiority; next, the cringings, the prevarications, the actual falsehoods, self-contempt, recklessness, desperation, liquor, the hospital, death!—leaving behind a poor widow with fatherless children, and destitution staring them all in the face. Next there comes to that widow the fearful, life-long struggle for bread for her little ones! She becomes prematurely old, and her whole existence is one of mental anguish, and bodily privation and toil. There are multitudes of such widows to-day, in all the larger cities of the nation, and not a few in town, village, and country. Mother! look at your sweet daughter of two, or ten, or fifteen years, and think if you would not rather see her dead this very hour, than that she should weave such a history for herself! And now we come to the practical part of it, and urge you to do what you can to lessen the probabilities

of such a record as to your darling child, by *educating her to healthfulness!* And you can not begin too soon. Your daughter has entered her sixth or seventh year, or more, and is going to school, leaving home before nine o'clock, not to return until after three. She will necessarily want something to eat about noon. There is nothing better, nothing half so good, as a sandwich—a piece of lean meat of any kind between two pieces of light bread; this is plain and nourishing, is quite enough to break the edge of hunger, without being enough to prevent a good appetite for a regular dinner between three and four o'clock, or later. Such a lunch may be alternated, occasionally, with two or three good, ripe, perfect, juicy apples. If a child is not hungry enough to relish a sandwich or an apple, nature does not really want any thing. If you provide them with what is more inviting, in the shape of nuts, cakes, pies, candies, and the like, they not only are tempted to eat more than is necessary, but are made thirsty. This “fills them up,” and by causing more or less a feeling of oppression, indisposes and incapacitates for easy study, while their dinners at home are not so much enjoyed, if indeed the stomach has acquired, since “lunch,” vigor enough to perform its duty thoroughly and well; and in proportion as this is not the case, the system becomes dyspeptic, no good blood is made, and the constitution begins to become impaired. If dinner is taken at home after three o'clock, then the child should eat nothing later than dinner, beyond a piece of cold bread and butter, and half a glass of water, or a bowl of milk and bread, or stirabout of Indian or oat-meal, or a piece of bread and butter, with a cup of hot water and milk, sweetened, called “cambrick tea.” Such a supper will not be very inviting, and there may be exhibited some feeling of dissatisfaction, but it will have the invaluable effect of allowing them to sleep soundly, and of waking up with a keen appetite for a hearty breakfast, with the after exercise of the day to “grind it up” into perfect, healthful, life-giving blood, to say nothing of the greater ability to study to advantage during the evening and in the early morning. Every mother must have noticed that when a child has a good appetite for breakfast, there is more liveliness, activity, animation, and cheerfulness in going to school; in fact, it is an actual pleasure, when they are to meet kind, conscientious, patient, and considerate

teachers—for example, such as Miss Adams, Miss Armitage, and some others in our Twelfth-street school. But suppose you spread a different “supper,” and have on the table tea and coffee, and hot rolls or muffins, with nuts and pickles, or chipped beef, preserves and sweet-cakes—they will certainly over-eat, will certainly spend a more or less restless night, will wake up later than usual, more cross, irritable and snappish than is common, will eat little or nothing for breakfast, and will start off to school in a moody, or at least an unlight frame of mind, only to worry the mother and keep her anxious the whole morning, and until the middle of the afternoon. And worse still, poor “hubby” comes in for a share of the unwelcome spoils; because, when from any reason the wife becomes “uncomfortable,” she will in too many cases reduce the whole household to a “sameness.” Sensible wives are excepted herefrom, being as multitudinous proportionably as—four-leaved clover.

Compel your children to be in bed by the time the clock strikes nine, summer and winter, except on Friday, Saturday, and Sunday nights, and occasionally at other times, in case of parties, weddings, and the like, for amusements and diversions are essential to the well-being of children; besides, it is not well to bring them up to inflexible rules, as if they were machines, or to bring them under the tyranny of Medo-Persian laws, which admit of no repeal or change. This early retiring will do much toward preventing the early ruin of the eyes, by artificial light, and will also secure that liberally abundant sleep and rest to the brain essential to bodily health and mental integrity. It is an undeniable and often-observed fact, that a failure to get abundant sleep lays many a promising child in an early grave, by inflammation of the brain. Too little exercise and too continuous study do the same thing; and when lack of sleep, lack of exercise, lack of out-door air, are combined with insufferable drillings at school, and impossible lessons at home, we can not wonder at the multitude of deaths of children from convulsions, nervous and brain diseases, from debility and wasting away. Let it be remembered that the more sleep a child can get during the night-time, the more quickly and readily and easily will all the studies be comprehended; and to this end, if the child is put to bed at a regular, early hour, the rule should be imperative that it should never be waked up in the morning. Nature

will always do that with unerring certainty, just as soon as sufficient sleep has been had to repair the wastes of the preceding day, and provide a stock of strength to be drawn upon for the day to come. This is a beautiful law of our nature, and ought not to be contravened, for it can never be interfered with, with impunity, especially as to the young.

Next to eating and sleeping, the item of most universal application is the proper regulation of the bowels. We will feel a thousand times repaid for writing this article, if every mother who reads it will begin, without a day's delay, to impress upon the mind of every child she has, from four years old and upward, that the omission to go to the privy every day, will never fail to accompany or precede nine tenths of all the sickness of old and young. A good way of drawing a child's attention, and securing its reflection on this subject, is to give it a penny for every day during which it does not fail to go back at least once, explaining at the same time the reasons for it. Another way of deepening the impression is simply to notice the fact yourself, and to call the child's attention to it, how almost invariably when it is too sick to eat, the bowels have missed a day or two; and the other quite as frequent an occurrence, that whatever may be the sickness, (unless in the nature of diarrhea,) when the bowels begin to move, that sickness begins to abate, and the appetite begins to return. By such a course, the child will soon see the connection between health and regularity, and will seldom fail to give proper notice. If a day is about to close and such notice is given, the wise, safe and efficient course is to put the child early to bed without any supper, or if any, a single cup of hot cambrick tea and a piece of dry bread; let the mother sleep with the child, so as to keep its feet warm and the body well covered, which, by promoting perspiration, will aid in unloading the system of the impurities which cause the ailment. Let breakfast be the same as supper, and a dinner at noon of plain gruel or soup, with any kind of cold bread-crust broken into it, at intervals of not less than four hours. Such a course as this will forestall many an attack of sickness, not only as to children, but as to grown persons, because the lighter diet named, gives the system rest; this in turn allows it to gather strength to throw out the commencing accumulations, without the necessity of losing an hour from school or business. It

must strike the least thoughtful reader, that if the main outlet for the wastes and surplusage of the system is closed, and yet if the amount eaten is not materially less, there must be a clogging up of the whole machine, and some consequent disaster is as inevitable as the blowing up of a locomotive if steam is kept constantly generating and the escape-valve is firmly closed.

The plan suggested is immeasurably safer and surer than that of administering medicinal remedies to children, however "simple"—that is, familiar—those remedies may seem to be. In four cases out of five, the foundations of life-long ailments, which embitter the whole existence, are laid in habits of constipation originating in the school-room—oftener, perhaps, in a late breakfast, which makes it necessary to hurry off to school, and in the excitement nature's calls are unnoticed, and may remain so until school is called, and time has been allowed for all to settle down quietly at their lessons. But then a recitation is called; then the child "must" wait until the lesson is over; after that the teacher may be too busy; next the child begins to calculate that it will soon be time for dismissal. Thus, in one way and another, nature is baffled, but not with impunity; for just precisely in this or similar ways, habits of constipation commence in multitudes, old and young, every day, paving the way for some of the most protracted, some of the most troublesome, some of the most painful ailments known to man. In the earlier stages, and most commonly, there is a complaint of cold feet, of headache, of chilliness, of want of appetite, of no inclination for breakfast of mornings, of dullness, of want of vigor, vivacity, animation; and the child goes off to school, or the adult to business, "more dead than alive," and all creation looks as blue as indigo. The child is fickle, fretful, peevish; the man sullen and *groany*; the woman—my stars! how she does make every body stand about! The servants huddle together in the kitchen, the children will be as mute as mice, and "father," if he has a mite of sense, will quietly edge himself off into all out-doors. If breakfast be taken at seven o'clock, or at seven and a half, during January and February, there need be no hurry for school, and there will be that leisure which allows of deliberate attention to nature's admonitions.

It is well worth while to be at even greater pains to guard our children against falling into habits of constipation, when it

is known that such habits lead to dyspepsia, piles, fistula, bilious colic, sick headache, and that "nervousness or neuralgia" which makes life intolerable to so many wives and daughters. Two cases came within our notice in 1861, of an affection, the result of former constipation; for although the bowels had become regular again, the effects remained. To give additional interest to the subject, it may be well to premise, that one was a gentleman of distinction—the president of a college; the other was that of a lady of high culture, of enviable social position, and of great personal attractions. The gentleman seemed worn down by intense suffering. No one would suppose, by the lady's appearance, that any thing was the matter with her; but they do have such a way of hiding things. They may be dead in love with you, for example, and you wouldn't know a word about it! They were both as regular as the morning's coming. But each morning was a martyrdom. The pain attending each evacuation, and continuing for two or three hours afterward, was so intense as to produce utter prostration, and no position was endurable. There was no help for it, but to lie on a bed and agonize for two weary hours, when the sufferings would begin to subside, and finally disappear until the next morning. Such a condition of things as this is fearful to think of. We turned both these cases over to an accomplished surgeon, being out of our line of practice. The gentleman was perfectly cured in a few months; of the lady nothing more was heard.

Every rational woman who has a mother's heart, and who has a daughter at school, will make it a matter of affection and duty to do all that is possible to keep her uniformly and always in a cheerful and hopeful frame of mind, sympathizing with her in her difficulties, and sustaining her in her discouragements. The solitudes of a child as to a recitation are scarcely less to it than the affairs of an empire to a minister of state. In both cases the whole mind is taken up in the subject. The considerate mother, then, will always send her child to school in the morning with a cheerful, affectionate, and an encouraging good-by; will always give her a kindly greeting on her return, for she may be brought home deformed for life, or dead, or with a long or fatal sickness. Never fail to welcome their return with a glad greeting, with some cheerful remark, or some sympathizing, or loving, or encouraging inquiry; and when

they are at home, study to do as little as possible to ruffle their minds in any way whatever, so that they may bring a buoyant helping cheerfulness to their studies. Thus will they literally "run and not weary, and walk and not faint," as to their lessons. Let humane parents bring it home, and see to what little advantage they can study if the mind is ruffled, whether by anxiety or irritation. The aims and ambitions, the rivalries, the difficulties, the mishaps, the failures of the school-room, as completely fill the minds of children, and loom up into the vast, as those of a prime minister; and shame and contempt be upon those parents who, under these circumstances, can be so lost to reflection and the commonest feelings of pity, as to place no restraints upon their ugliness, and harrow up the feelings of their going-to-school children, by an incessant laying down of rules and regulations, by petulant fault-findings on the most trivial occasions, crossing them in matters contemptibly trifling, exhibiting on the most frivolous occasions a petulance and an inconsideration which would disgrace an ignoramus. There is another item of vast, yet of every-day importance, and the necessity of specific attention to it is steadily recurring; it is a thing for which a wise and just parent ought to be on a constant lookout. Do all that is possible to make your child see and feel and believe that its teacher is its friend, and not its enemy. This is especially necessary as to the younger children. Explain to them, by a great variety of illustrations, that the object of the teacher is to benefit them; that it would be a great deal easier to give them little or no attention, to take no notice of their ill-learned lessons, and to let them do pretty much as they liked; but rather than be thus slack, that their teachers take a great deal of trouble to bring them on in their studies, because they know that it will add to the intelligence, respectability, and happiness of the child in after-life; and that although they may not feel it now, they will hereafter, when their teachers are dead and gone, and will often think of their painstaking with affectionate remembrance, and vainly wish that they could be brought back again, that they might show them how thankful they were for their patient and conscientious fidelity, through all their own waywardness and thoughtlessness, in the sunnier days of childhood. There may be times when, from the representations of your children, you may be led to feel that the

teacher has acted unjustly or inconsiderately, or even with deliberate partiality or indiscretion. Never countenance representations of this sort to the extent of allowing your child to see that you take sides against its teacher. If you do any thing, make a private application to the teacher, remembering, in the manner of the interview, that that teacher is your equal in position, in intelligence, and in moral worth, and not unlikely your superior when the *results* of a lifetime are summed up; for there is not on this earth a higher responsibility than that of a child's teacher—no greater honor due, than that which belongs to one who performs that duty with patience, ability, and conscientiousness. Special attention is called to this matter, because it is perfectly amazing to note how adroitly a child of even five years of age may "make out a case" against its teacher, by leaving out an item here and there, in the narration. To recapitulate, let any mother who truly loves her daughter, and wishes to educate her for a life of efficiency, happiness, and health, begin at the school-room, and bring up that daughter to regular and temperate modes of eating plain, nourishing food; to regular bodily habits; to early, regular, and abundant sleep; and to cherish for its teachers a steady kindliness, confidence, and respect; all the while religiously and persistently aiming to make home pleasant to your children, so that they may lend their minds to their various studies with greater concentration, cheerfulness, efficiency, and ease.

GRAPES.—The grape is delicious to the taste and nutritious to the system; its health-promoting and disease-dispersing powers are such as to have attracted the attention of medical men in different countries. "On the banks of the Blue Moselle" its remedial virtues are considered to be of sufficient value to warrant the establishment of a "grape-cure," by Dr. Hezpin, of Metz. The treatment lasts from three to six weeks, and the amount to be taken is from two to four pounds every day. We certainly would prefer a "course of grapes" of this kind to any "course of medicine" ever heard of. It would do many a child more good than a "course of sprouts." There can not be the slightest doubt that many a patient who has exhausted all the "pathies" yet known, in the vain hope of regaining health, would get perfectly well, if compelled to live on

what grapes he could himself raise, using them as his only food and medicine for four months in the year. Let every one, then, who has the permanent control of one square yard of unoccupied ground, in city, in town, or country, plant a vine thereon, and dig about it, and dress it, and enrich it from time to time. It will be a delightful recreation for many an otherwise unoccupied hour, and will bring its full reward. Why so valuable a product has not met with more attention in this country, arises most probably from the fact that—as our English cousins with too much truth have said of us—“Americans won’t engage in any thing which can not be completed in twenty minutes.” But although it requires several years for a graperly to produce a full yield, that product is so rich that it ought to encourage the planting of a vineyard, even if but a dozen vines, in every farm of an acre or over. It is very certain that the best varieties of grapes can be produced for two cents a pound, on land costing one hundred dollars an acre. Uncounted tons could be sold in New-York City any year at six cents a pound, by the hundred.

A poor girl in California picked up the cutting of a grape-vine, thrown into the road, in order to drive her mule with. She carried it home, and though it was wilted and worn and appeared good for nothing, she stuck it into the ground. “It has a little life left,” she said; “I will try and save it.” So she watered it, and watched it, and trained it, and took as much care of it as if it were the most promising shoot in the world. In one year, after it was six years old, it bore five thousand bunches of grapes, and each bunch weighed one pound; these, on being sold, brought her the handsome sum of four thousand dollars.

There is scarcely any product of the earth which exceeds in variety and value that of the grape for the amount of labor bestowed upon it. As an esculent, it is perfectly delicious. Every table in the land should fairly groan under the liberal supply of an article of food so acceptable to the tastes of all people of all climes. Grapes require to ripen early in the autumn in the latitude of New-York City, and we gather them from our out-door vines until the first of December, up to which time they daily become sweeter. There seems to be a life within them when ripe which resists freezing when the weather is several degrees below the freezing-point. If properly packed

and kept in a cool, dry place, they may be preserved in excellent condition until spring. Every family having a rear-yard of their own, of even twenty feet square, would find it profitable and healthful to cultivate half a dozen grape-vines, the fruit of which would make a healthful dessert for a family for several months of every year. For such a purpose it is not exceeded by any thing which can be placed upon our tables. The delicate acid of the grape, in common with all fruits and berries, is ascertained beyond doubt to be a most efficient agent in acting on the liver and stimulating that secretion of bile without which, there can not be any health for twenty-four hours at a time. The grape, in consequence of the copiousness of its juice, is more beneficial in these respects than other fruits. If eaten without swallowing the pulp or seed, the juice immediately under the skin, being decidedly astringent in its nature, has a controlling effect in all cases of looseness of the bowels.

To that incredible number of persons who suffer from constipation, the grape eaten and swallowed, pulp, seeds and all, as a dessert after breakfast and dinner, possesses an efficiency, without any injurious effect whatever, which makes it one of the most valuable boons of nature; while, if the system is in a healthy condition, the combined effect of swallowing the entire fruit is to nourish, strengthen, and revive.

The vine is long-lived and very productive; that which Racine planted in the Rue des Marais, Paris, in 1699, was covered with fruit in 1855, which was a hundred and fifty years later. The lamented Downing "saw one Isabella vine which produced in one season three thousand fine clusters of well-ripened fruit." The average retail price of good grapes, in the height of the season in New-York, is fourteen cents a pound. One good vine, occupying a space of four by six feet, will yield fifty pounds, which, at even ten cents a pound, amounts to a liberal reward for the outlay of capital and labor bestowed.

The cultivation of the grape invites the attention of farmers in general, while to the citizen, who spends his summer at his country-seat, returning, as such do, about the first of November, we think of no culture which combines so many advantages of pleasure, comfort, interest and health, as the cultivation of a vineyard, so immediately productive to himself, and promising increased benefits to his children and grandchildren after him.

EATING AND DRINKING.—There is not, in all the boundless realms of nature, a more beautiful exhibition of the wisdom and goodness of God, than is found in the mechanism of the human body, and the means employed for its growth, its renovation, its preservation, and its well-being. All motion involves friction, and friction necessitates waste and loss. We can not walk a step, nor bend a finger, nor wink the eye, nor think a thought, without there being a less amount of solid matter belonging to the body, as a part of its living substance, than there was before the process commenced; and unless the “wear and tear” is supplied, exhaustion inevitably follows. It is no trouble to understand that, if a man works hard for several hours, he feels weak and tired; and that a good, hearty meal marvelously removes the debility. Only hard students know fully how great is the exhaustion of the entire man, from eight, ten, or a dozen hours of intense thought, without any physical exercise whatever. A good dinner, with an entire “abandon” of thought, renovates and renews both mind and body. This is a clear proof that thought produces waste, as well as physical exertion; it also shows the fallacy, the mischievous fallacy, of a certain class of persons, who have forced themselves on the public as their teachers, that students do not require as substantial food as do common workmen. If great thinkers do not eat and digest substantial beef and bread, they will soon cease to shine as lights in the world of mind. There is not a consistent vegetarian that lives whose name, and work, and memory, for all that is truly good, will not rapidly rot, as certainly as did Jonah’s gourd. If a man works or thinks hard for a day, without eating or drinking, he will weigh, at night, from two to five pounds less than he did twenty-four hours earlier. This waste is supplied by food and drink; the most considerable, in bulk and weight, being the latter. A man eats and drinks for two reasons: to supply waste and to keep him warm. Hence the more waste there is, the more we work or think, the more we must eat; the colder it is, also, the more must we eat and drink. In the hottest summer, in the treeless desert, the heat of the body is ninety-eight degrees; on the top of an iceberg, in the Arctic sea, it is no colder, it is no warmer—it is just the same. The temperature of the body then being the same, in

health, under all circumstances, the amount of heat to be supplied, the food to be eaten, must be variable; at the same time, it should be proportioned to the amount of heat needed—just as we make a larger or a smaller fire in our dwellings, to meet the temperature without. The man who would order the same amount of fuel to be consumed every day, from November to May, would be considered daft. The man who eats as much to-day as he did yesterday, although it is thirty degrees warmer, is quite as unwise. But there are greater fools than he; and they are those who, as the weather becomes warm, and finding they have not as keen an appetite for food as in the winter, begin to think that something is the matter with them; that they are about to get sick; and to prevent it, begin to “take something,” to “whet up the appetite,” in the shape of tonics, bitters, whisky, gin, etc. For wise and benign purposes, it was not left to man’s wisdom—seeing that few indeed have any in this regard—to daily alter the amount of food and drink taken, according to the variability of the weather and the work done; but instead are appointed various instincts and appetites, self-operating, and beyond our control. In the first place, the appetite declines as the weather becomes warmer; and secondly, it seeks for articles of a different quality. In winter, we love meats and fats, and starches and oily substances, and sweet-meats of every description, because from a half to four fifths of these articles are heat-producing, are fuel for the furnace of life. We not only eat them, but have an appetite for large quantities of them. When summer comes, we not only can not partake of them freely—we crave other things; we want sweets no longer; but are eager for the acid berries and fruits, and tomatoes, and melons. We no longer want heating, solid food, but the cooling and watery vegetable. Sugar and sago, and arrow-root and corn-starch, and fresh meats, have from thirty to forty per cent of solid, heat-producing substances; while fats, suets, oils, and beans and rice, have nearly three times as much. But turning to the vegetables, and salads, and greens, and fruits, and berries, and melons, of spring and summer and autumn, which we so eagerly crave, and in whose consumption we luxuriate, there is a marked difference. Beans have eighty-eight per cent of solid substance, while of the potato seventy-four parts are water, and out of one hundred

pounds of berries, over ninety-nine pounds are water—not one single pound of solid heat-producing substance! The mathematical proportions being for peaches nine tenths of one per cent; cherries, six tenths of one per cent; gooseberries and strawberries, about one per cent; and all this is simply because the human body does not require fire to warm it in summer; but water to cool, water to supply the material for perspiration and evaporation.

Such a large part of the foods which we crave in summer being water, these, together with the common beverages of coffee and tea, taken at breakfast and supper, supply as much water for the system as a healthy man requires in ordinary circumstances. Hence a person in good health, and in the moderate pursuit of business, does not feel like drinking water, even in summer-time; is not very thirsty. In fact, great, habitual thirst in summer is the sign of a depraved appetite, resulting from bad habits; or it is a proof of internal fever; and the indulgence of even so simple a thing as drinking cold water largely in summer-time, especially in the early part of the day, will produce a disordered condition of the system. Most persons have experienced more or less discomfort from drinking largely of cold water. If we drink a great deal, we must perspire a great deal; this perspiration induces a greater evaporation of heat from the surface than some have to spare; the result is a chill, then comes the reaction of fever. Many a person arises from the dinner or tea-table, in June, chilly, because too much cold fluids have been taken. From the whole subject, several important, practical lessons are taught:

1. It is unphilosophical to take tonics, bitters or stimulants, to whet up the appetite in warm weather; it is fighting against nature, and can not be done with impunity.

2. In warm weather, live mainly on vegetables, fruits, berries, and coarse breads.

3. Hard work, whether of body or mind, requires substantial and nourishing food.

4. Those who drink little or nothing, even of cold water, in summer, until the afternoon, will be more vigorous, more full of health, and much more free from bodily discomfort, than those who place no restraint on their potations.

HEALTH AND LONG LIFE.—Louis Cornaro, an Italian, was born about the year fourteen hundred and sixty-six, and died in fifteen hundred and sixty-five. He was born a feeble, weakly child. As he grew up he “addicted himself to all kinds of intemperate living,” and at the age of forty was about to die, his physicians having abandoned all hope of his restoration. By some means he was induced to make an effort to restore his health by restraining and regulating his immoderate appetites. To this end, he promptly laid down for his observance a system of sober living, to which he steadily adhered for sixty years, with the result of regaining his health, his fortune, and his social position, that of a nobleman. On two different occasions he was induced, by the solicitations of friends, to increase the amount of his daily food and drink by a few ounces, but on both he was thrown into a serious illness, and no argument thereafter could ever induce him to transcend his habits.

This is a most instructive and encouraging narration to those who, at the age of forty years, find themselves in ill health. Naturally of a weak constitution, further impaired by long years of dissolute and drunken habits, poor and degraded, he seemed to have every thing to contend against; and yet, by resolute, persistent self-denial, he regained health, and wealth, and a high position in the councils of his country, eventually dying, without a sigh or pain, a hundred years old! It is instructive to know how these results were brought about, for doubtless they could be repeated an indefinite number of times by persons possessing the same elements of character, the most prominent of which were:

- A heroic self-denial.
- Indomitable industry.
- A genial nature.

The last item is more properly a result of that vigorous health which uniformly attends a temperate, busy life. The good-hearted Italian denied himself the ordinary pleasures of eating and drinking. He drank nothing but the mild wine of the country, three quarters of a pint daily, (twelve ounces or twenty-four tablespoonfuls,) and ate three quarters of a pound of plain, solid food—such as bread, meats, vegetables, and fruits. He was active, energetic, and industrious. He went to work and be-

came rich by agriculture. He possessed a generous nature. His heart was full of sympathy for others. Hence, when he became rich, he busied himself in improving the condition of those around him. In proof of which, he says in a letter to Cardinal C——, a relative, dated April 2d, 1542 :

“I was weakly at my birth, and of a very feeble constitution, which I further injured by great irregularities. Being convinced of my errors, I commenced by reforming myself as to those most hurtful to me, and continued to shun disorderly courses until I acquired the perfect health which I now enjoy. I then regained the rank of noble in my native country, and by my own exertions have made myself rich. My wealth has been drawn from agriculture, a laudable occupation. At the same time I have incurred large expenses, but have never denied myself the enjoyments and recreations which are suitable to the rank of a noble. These expenditures were for building a church dedicated to God, and for the means of draining stagnant waters, and dissipating the unwholesome vapors and exhalations which existed around my villa, and rendered it impossible to rear children. Thus I have not only enriched myself, but have contributed to enrich numbers who were my agents and tenants. I have also used my means to promote the liberal arts, and have expended thousands upon thousands of crowns in constructing splendid edifices, and laying out beautiful gardens. Have I not a right to term myself happy when I am in the possession of the three blessings, health, nobility, and wealth, with the added consolation that the latter has been acquired by the most honorable of pursuits, and used with a becoming liberality, especially as I have a good son-in-law attached to the Court, and who has brought me three grandchildren, little angels in miniature?”

Another example of the power of temperance in eating was found in the history of a great name, of which there remain many loving recollections by some yet living in or near New-York City, who vividly remember the power of his eloquence, and what crowds flocked to hear him at the old Broadway Tabernacle, the building being filled to its utmost capacity, night after night, for weeks in succession. He had a herculean frame, and gave many a proof, before his embracing of Christianity, of personal courage and fearlessness. But he was an epi-

leptic—that is, he knew the tendencies of his system were in that direction, and that the only method of preventing the attacks was the most rigid control of the appetite. His medical knowledge placed this truth so distinctly before his mind, and his self-control was so heroic, that, in speaking of it on one occasion to those very dear to him, he said: “I have been hungry for two years.” This was exhibiting a rational self-denial worthy of all admiration, and is a lesson to that vast multitude which no man can number, who have not enough force of character, of moral courage, to prevent their yielding to their appetites three times a day; not merely to the extent of satiety, but of actual repletion; really eating, and that habitually, more than nature needs. Man is like a pig: when he is hungry, he gets quarrelsome, ill-natured, snappish; but in one respect he is unlike a pig—that animal, with all its love of filth, ceases to eat when it is no longer hungry. Reader, did you never eat to make it even?—take some more bread because you had a little butter on your plate? or take a little more sauce or gravy (called “essence” in the higher spheres) because a bit of bread was left, and you did not want to leave it? That was waste; it was more than waste, because it not only did you no good, but a positive injury. The great name mentioned in this article, under the influence of the gnawings of hunger, voluntarily endured, was one of the loveliest of men in his disposition we ever encountered, for we once lived under the same roof with him; yet to be hungry voluntarily for two years, and at the same time to have been so affectionate and so kind, that he has been known to give up his horse to a ragged, wayside traveler, who seemed less able to “foot it” than himself—this is the type of persistent and intelligent heroism which was manifested by the great author of the *Cause and Cure of Infidelity*, and it is a powerful argument as to the efficiency of a properly regulated diet in controlling diseases.

These histories are very suggestive. But let the reader bear in mind, that temperance in eating and drinking will not of themselves secure like results in any given case; this must be conjoined with such out-door activities as involve mental interest and exhilaration. In plainer language, temperance must be accompanied with some highly remunerative open-air employment, in which our benevolences are brought largely into requisition.

EIGHT Bs.—Who is he? Of any ten men following each other on Broadway, there will be perhaps only one who has enough about him to induce you to either ask his name or his calling; in fact, only one whom you would care to look at a second time. But there comes a quick-stepped, sunny-faced, compact-built, intent-looking man, of forty-five or so, who began life a poor boy; worked so hard that the flesh was worn from his bones; the light of his countenance was gone; and his youthful step became that of feebleness and age; but the fire of life was still in his eye; and an unconquerable will pervaded his whole moral nature. He ate too fast, worked too hard, slept too little, and life's lamp flickered; he tottered on the very verge of an early grave. Then only did he wake up to a rational life; a life of temperate, industrious, and plain, regular habits. Going into his establishment the other day, where, in a six-storied building, a noiseless engine drives thirty power-presses, giving honorable and remunerative employment to three hundred willing and cheerful workers, there was posted on the walls:

“READ and HEED.

The great object of Labor is Profit: to attain that, therefore;

Be Punctual,
Be Industrious,
Be Careful,
Be Quiet,
Be Gentle in Speech,
Be Clean,
Be Obedient,
Be Just.”

Whoever then of our young readers wishes to grow up moral, industrious, and successful, can accomplish all these, by putting into habitual and persistent practice the

Eight Bs

above. But they are enforced in language so pithy, expressive, and concise, and so quaintly are the moral sentiments appealed to, that there is reason to believe that a good preacher was spoiled when John A. Gray became a printer. And not willing that a composition so suggestive and eminently practical should perish in a hand-bill, we have in another page made our 69th Health Tract of it, by adding some Cs to the Bs.

CONSTIPATION AND CORN.—A table-spoonful of coarse corn-meal (Indian) stirred in a glass of cold water, and drank quickly, on rising in the morning, has frequently had an excellent effect in keeping the system healthful and free. Living for a week wholly on sweet, fresh, pure milk, with corn-meal mush, has a most wholesome effect where there is headache, dullness, cold feet, and an indifferent appetite. It would be well for dyspeptic persons to use corn-meal more freely in their diet, preparing it in a great variety of ways, so that it may not pall on the taste. A delightful corn griddle-cake is thus made: Scald at night half the quantity of meal you are going to use, mix the other with cold water, having it the consistency of thick batter; add a little salt, and set it to rise; it will need no yeast. In the morning the cakes will be light and crisp. Skimmings, where meat has been boiled, is best for frying them with. Fry slowly.

The *American Agriculturist* says, that of a multitude of competitors, Mrs. James O'Brien, of Carrick, Pennsylvania, makes the best corn-bread thus: To two quarts of meal add one pint of bread-sponge; water sufficient to wet the whole; add half a pint of flour and a table-spoonful of salt; let it rise; then knead well for the second time, and place the dough in the oven, and allow it to bake an hour and a half.

EDUCATION is literally "a leading from;" it may be from ignorance to knowledge; from vice to virtue. This is education in a good sense. But we may be educated, "led from" virtue to vice; from truth to error; so that in its largest acceptation, education is the being "led from" an old state or habit of thought, feeling, and action, into some other state of thought, feeling, and action. But we may educate the body as well as the mind and heart; we may educate it from a sickly, diseased condition into robust health and manly vigor; we may also bring it from these down to rottenness and imbecility. A true and comprehensive education, in reference especially to our children, is that which leads out the bodily powers to greater strength; the mental to greater activities; the moral to greater purity, beneficence, and nobility—all these should be done at the same time, although in different degrees; all should be at-

tended to during the period of youth. The moral teachings should commence with the earliest infancy; the physical, as soon as there is bodily locomotion; the mental, meaning thereby the literary, not earlier than the completion of the sixth year, not even to the extent of learning the alphabet, or repeating by "rote;" mere mechanical memorizing. This brain education is specially advised in reference only to children whose situation in life allows them to study until they are twenty-one. The children of the poor—those who must go to work and earn something—can with safety begin at the age of three or four years, for three reasons;

First. They are out in the open air nearly all the time during daylight.

Second. Their food is plain and not over-abundant.

Third. The early necessity that they should do something for a living does not allow time for special brain disturbance; and any slight tendencies in that direction would be counteracted and repaired by the constant muscular activities necessary to their condition. But those children who will have nothing to do but "get their education," up to the day of entering their twenty-first year, ought to do nothing for the first third of that period, but to eat and sleep and play out of doors from morning till night all the year round, except when rain, sleet, or snow are falling. It is the exercise daily, "regardless of the weather," which works so many, almost miracles, in the renovation of human health.

The vanity of parents is fed by the "smartness" of their children; but early ripe, early ruined, may be said of all precocities. If not actually ruined, there is almost in all cases a sudden "giving out" of the mental powers, and the prodigy of yesterday is the mediocre of to-day, and the *non compos mentis* of to-morrow.

CHLOROFORM, to cause insensibility while undergoing painful operations, can never be used with perfect safety. In any given case, the most skillful and experienced administrator can not vouch that the patient will not be dead in ten minutes. No well-attested case has ever come to our notice where fatal results have followed the use of "sulphuric ether" for the same purpose. It has a bad smell, and a large quantity has to be used; but these objections are trifling when the difference is between perfect safety and possible death within a dozen minutes.

WHAT IS HEALTH?—" *Mens sana, in corpore sano* " is the most philosophical and most comprehensive definition of health ever given—a sound mind in a sound body. It has been recognized as a truth ever since it was first uttered, seventeen hundred years ago, by the satirical poet Juvenal; and as if he were to demonstrate in his own person the correctness of his definition, he died of mortification in his eighty-first year—died of a mental malady. Physiologists have generally settled down on the fact that the mind of itself is always sound, is never originally diseased; that it becomes so in every single case, in consequence of its connection with the body; that no form of insanity can exist except as caused by a diseased condition of some part of the corporeal frame. Such being the case, it is the dictate of wisdom, it is the paramount duty of man to study how continuous and vigorous health may be secured and preserved to a serene old age.

A PARALLEL.—The history of all past times does not afford a single, solitary example of a man's repenting that he had had too much practical faith in the Christian religion, but multitudes that they had too little; so, no man who has lived a regular, temperate life to a good old age has ever professed a regret that he had not lived differently. And as the mistaken advocates of false religious systems have bitterly regretted their delusions in the searching ordeal of a dying hour, so, on the other hand, do the victims of animal appetites and propensities and unmatured notions, pertaining to human well-being, deplore the folly which led them into plausible, untested, untried ways of living healthfully, happily, and long. Therefore, not more surely will that man attain "immortality and eternal life" who walks in the "old paths" of love to God and love to man, practically carried out in every day of his pilgrimage toward the tomb, than that those who "use this world as not abusing it" and its good things, will find a sweet satisfaction in the same as long as they live. Hence, they are wisest who live in the temperate use and rational enjoyment of all the good things of this life.

HEALTH TRACT, No. 69.

READ AND HEED.

"The great object of labor is profit; and to attain that, system and care are indispensable. Therefore,

1. **BE PUNCTUAL.**—Every man has a right to demand his salary to the last cent, and the employer a right to the time agreed upon to the last minute. The man who fails to fulfill his agreement in this particular, is no less dishonest than he who gives short change, weight, or measure.

2. **BE INDUSTRIOUS.**—You have been engaged to do all you can during ten hours of each day; and your employer has a right to a hearty, ungrudged service. If your regular work is for a time stopped, look for something else to do; keep steadily and regularly busy.

3. **BE CAREFUL.**—Never lose sight of the fact, that the employer is as dependent for a living upon his profits as you are upon your salary. Every loss of type, paper, plates, ink, or time, caused by carelessness or waste, amounts, practically, to a reduction of his salary, without his consent.

4. **BE QUIET.**—This large building was erected for work, not play. If you have to wait for any thing, do so quietly. Damage is sure to result from 'sky-larking,' either to type, cases, forms, paper, plates, presses, or yourself; for an habitual trifler, or noisy person, will certainly be discharged.

5. **BE GENTLE IN SPEECH.**—Swearing will not correct an error, mend a batter, clean a roller, or make a press work well; patience and oil will do much more, and be every way better. Cursing may make your fellow-workmen angry, and prevent them helping you, when gentle words would have commanded ready help.

6. **BE CLEAN.**—If you like to be dirty yourself, you can not be allowed to inconvenience your fellow-workmen, soil the office, and spoil the work, by habitual filthiness. Soap, lye, water, and towels have been provided; so there is no reason why you should not be clean. It is easier to keep clean than to make clean.

7. **BE OBEDIENT.**—Those who have direction of your work have responsibilities you know nothing of. Even if they should be harsh or abrupt in their commands, nothing can be allowed to excuse disobedience. Obey, or leave the office, must be the inevitable rule. The employer will judge fairly of any complaint of an unjust command, but not until it has been obeyed. In short,

8. **BE JUST.**—To yourself, your fellow-workmen, and your employer; and in the intelligent application of this rule you will find and give perfect satisfaction, and prove that cleanliness, honesty, industry, obedience, and carefulness for others' feelings, mark the demeanor of a printer, or pressman, not less than that of a gentleman.

The acceptance of a situation or of temporary employment in this office, will be regarded as a pledge of obedience to these rules."—D. M. COLE.

But while a careful, systematic, and just industry will uniformly be attended with pecuniary success, the more ultimate object of life, a quiet, peaceful and happy old age, can never be attained without bodily health.

To that end
We append
Eight Cs
To as many Bs.

1. See to it that you eat regularly, slowly, temperately.
2. See to it that you sleep early and abundantly.
3. See to it that cold water is your great stand-by beverage.
4. See to it that you never work to exhaustion.
5. See to it that the bodily habits are as regular as the day.
6. See to it that you never work or rest in chilliness.
7. See to it that you cool off very slowly after all forms of exercise.
8. See to it that you place your head upon your pillow every night with a view to speedy, sound, connected and invigorating sleep, with "a conscience void of offense toward God and toward men;" and strive steadfastly and heroically to maintain the same, from the early morning of each succeeding day. Thus you will infallibly, because God has said it, secure the fruition, as well as "the promise of the life that now is, and of that which is to come." A reward how ample!—how magnificent!—in quality glorious; in extent infinite!

DEAFNESS

Is sometimes hereditary, and runs in families; at others, the result of violent strains, as in the retching of vomiting. It often succeeds ill-cured or ill-managed attacks of scarlet-fever, measles, chicken-pox, and the like; it sometimes arises from inanition, a gradual withering away of the parts. In almost all cases, the only really useful and safe plan of treatment is to keep up the general health, and wear in the ailing ear a bit of cotton, moistened with glycerine; or let fall a drop or two in the ear; then put the cotton in; the whole object being to keep the parts moist. Glycerine is the best substance known for that object, because it is as perfectly mild and safe as milk and water, while it retains its moisture longer than any other substance known in nature; hence, if hardened "wax" causes the deafness, it will certainly be softened and brought away. Auricles, or other "aids" to hearing, improve for a time, but only to bring ultimate deafness the sooner and more certainly, as well as more completely. In ninety-nine cases out of a hundred of deafness, in the ordinary walks of life, all tinkering with the ear is worse than useless—it is pernicious; and quite as often will it be found that whatever general good health, and the constant (once daily) moistening with pure glycerine does not accomplish in the way of an improved hearing, nothing else will. The safest general rule for all is, never allow any thing to touch the eye or ear stronger than lukewarm rain-water or glycerine, (which is really oil and water,) unless by the special advice of an educated physician, whom you have long known. After all, deafness is not an unmixed evil. Multitudes would be happier if they did not hear quite so much; besides, it is a source of fun sometimes. For example:

In a town in New-Hampshire lived old Farmer P——, who was very deaf. On his farm, near the road, stood a very large tree, and thirty feet from the ground on this tree was a large knot.

As Farmer P—— was passing by one day, he thought he would cut it down to make a mill-post of. He had been at work some time, when he thought some stranger would come along and ask him the following questions, and he would make the following answers:

"What is that tree for?" asks the stranger.

"A mill-post," replies the farmer.

"How long are you going to cut it?"

"Up to that knot."

"How much do you ask for it?"

"Five dollars."

"I won't give it."

"Well, if you don't, somebody else will."

As old Farmer P—— was working away, sure enough a stranger did come along, and the following dialogue ensued:

"Good morning, sir," said the stranger.

"A mill-post," replied the farmer.

"How far is it down to the corner?"

"Up to that knot."

"You don't understand me; how far is it down to that corner?"

"Five dollars."

"You old scamp! I have a good mind to give you a whipping!"

"Well, if you don't, somebody else will."

HEALTH TRACT, NO. 75.

HOUSEKEEPING.

It may interest general readers to know the cost of housekeeping in New-York, among families in "moderate" or "easy" circumstances, exclusive of house-rent, dress, teachers' bills, and "summerings."

A family near Union Square, of nine persons, (five grown and four children under fifteen,) footed up the bills on the last day of 1861, as follows:

Green-grocer, (vegetables, fruits, poultry, etc.,).....	\$256
Grocer, (coffee, tea, sugar, etc.,).....	96
Cook,.....	96
Housemaid,.....	75
Coal and wood,.....	77
Milk,.....	76
Meats,.....	59
Gas,.....	36
Sundries, of ice, repairs to range, etc.,.....	29

\$800

This family lived in their own house; purchased all their supplies by the small quantity, excepting apples, flour, and fuel; as leaving less margin for waste, purloining and losses from decay of provisions; thus having every thing good and fresh of its kind. As to style and quality of the table: seven barrels of apples were provided in autumn; the flour always exceeded eight dollars a barrel; loaf-sugar was mainly used, except for pastries; butter averaged thirty-eight cents a pound; home-made bread; no liquors for drink; not a dollar for medicines; Java coffee roasted at home; tea, one dollar a pound; from three to four quarts of milk a day; nine gas-burners were lighted every night, sometimes ten or more, three of which always burned some all night; dessert of some kind every day, and more or less of company, eating and lodging, every week. Servants were required to be *in* bed before the clock struck ten; the area-gate was always kept locked; there were no perquisites of rags and soap-fat sold at two cents a pound, made of bacon, lard, and butter at forty cents; no cats or dogs were kept; neither ants, roaches, bed-bugs, nor mosquitoes. Servants were selected who had been at their "last places" several years; who were middle-aged; looked tidy all the time, especially the cook; had no relations, and few indeed, if any visitors. Nothing was kept under lock and key.

Thus a family of eight or ten persons may live in comfort, cleanliness, and health in New-York, for eight hundred dollars a year, for fuel, lodging, washing, lights, food, and drink; guarding against wasteful, dishonest, and *liberal* servants, late hours, and costly, early, or out-of-season dishes.

It is painful to know how many families strive desperately and yet unavailingly, to "get ahead" in New-York City; the failure arising too often from their setting out with a style of living which was decided on in ignorance of what it ought to be; in consequence of forming an opinion from those who were living beyond their means, or who had resources greater than their own; then the strife to "keep up," involves those excessive efforts, those anxious toils and corroding cares which eat out all the joys of life, undermine the health, and make a premature grave, leaving children with no other heritage but the necessities of the same toils and cares, with the same false ambitions, and to make of life a failure also!

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. IX.]

JUNE, 1862.

[No. 6.

COUNT CAVOUR;

OR QUACKERY AND HIGH-LIVING.

AN Italian nobleman, one of the very greatest of living statesmen, died recently, at the close of his fifty-second year. America, England, France, and Italy, four nations, sincerely regretted his death, as did the friends of human liberty every where. He ought to have lived at least twenty years longer, to have used the power which long experience, a great intellect, and gigantic political abilities gave him for good, for Sardinia, for united Italy, and for mankind. But he died before his time, while in the very zenith of his power, his efficiency, and his fame, as many great men have done before, in consequence, first, of yielding to the gratification of the animal appetites; and second, by the weak presumption, not uncommon with smaller minds, of prescribing for himself, of being his own physician. The public record of his case is: "He died of congestion of the brain, arising from intense occupation, want of bodily exercise, and either too strong an appetite, or else an excessive indulgence in the pleasures of his well-appointed table." In plainer language, he died of apoplexy, from eating too much and exercising too little. In fact, the great Count could govern a nation better than he could govern himself. His presumption completed the ruin of his manly frame and once vigorous constitution. We have all read of the Roman ruler who loved eating so well, that when he had swallowed as

much as his paunch could possibly hold, he would take an emetic, that he might repeat the pleasure. Count Cavour had for a long time been a great feeder; and as he persisted in taking no exercise, he made too much blood, and that, too, of a bad quality; and being a great thinker, this attracted the blood to the brain faster than it could be conveyed away by the sluggish veins; hence, there was such a great accumulation, that the brain was compressed, crowded, and the powers of life were for the moment in a state of suppression. He had found out, in previous milder attacks, that the quickest way to get relieved of the surplus of blood was to open a vein in the arm, and speedily "Richard was himself again." But in this last attack, having no medical knowledge beyond the general fact that bleeding had relieved him before, he inferred that it would do so again, and that the only rule to govern himself by was to let the blood flow until he was relieved, and as often as the symptoms returned. The result was, that he did not send for his physician, but for a professional bleeder, whose whole duty consisted in opening a vein, and letting the blood run until he was ordered to stop it. Hence, neither the bleeder nor the Count's physicians were to blame, because he was in effect bled to death before he consulted a physician at all. It is admitted that "Count Cavour was bled to death." He was bled seven times; but by his own directions, given to a non-medical man.

There are not a few persons who, from having observed that certain good effects followed certain remedies, do not hesitate to administer those remedies under what appear to them to be similar circumstances; and then it is easy to slide into the practice of increasing the quantity or force of the remedy, when the effect is not decided enough. For a few times, or for some considerable time, they are apparently successful, gain self-confidence with great rapidity, and do not hesitate to state, with the utmost complacency, "I believe I know about as much as the doctors do;" and armed with a rag dipped in cold water, or a bottle of red-pepper, or a pint of catnip-tea, or a box of favorite pills, they think themselves invincible practitioners. Count Cavour's great remedy was the lancet; with that at hand, he felt defiance to death and the doctors. Three things he seems not to have known: 1st. That any one remedy, often repeated, begins to lose its power; 2d. That blood-letting, often

repeated, tends to increase the frequency of the attacks which it seems to remove; 3d. That two ailments will appear to a general observer precisely identical, yet the remedy which would cure in one case would kill in the other, in consequence of a symptom which only a professional eye would note.

The sum of the whole matter is this, that man is a fool, who, in a grave case of sickness as to himself, his family, or those under his control, fails to call in promptly a regularly educated physician, or one who, if not regularly educated, has had long years of practical and extensive experience; and when death results from such omission, such an one is a constructive murderer.

It is an inexcusable stupidity for any one either to give or take advice in sickness, except from a physician, unless a physician can not be had; it is worse than a stupidity—it is a pitiful impertinence and a crime.

Not long ago a great theologian died in the very prime of his life, before he was fifty. He was said to be one of the most learned divines living. It was also said of him that he “seemed to speak of physicians with a kind of contempt;” and feeling thus, he allowed a trivial disease to progress unchecked, until it became of a fatal character. It killed him on the evening of the very day in which he had ridden out, and when he supposed he was on the point of getting well. It is to be hoped his theology was better than his physic.

The last sentence was scarcely finished, when on opening an exchange, the following was read, in an obituary of a useful citizen, a kind neighbor, and a good man: “He was in the enjoyment of a large portion of health and vigor, and bade fair to live to be very old; but he was attacked with typhoid pneumonia. Being accustomed to prescribe for himself when slightly unwell, and being unaware of the nature of the disease under which he was laboring, he neglected to call a physician, until it was too late to afford him any relief.” This was precisely the case with Count Cavour, the William Pitt of Italy, according to the London *Lancet*. He doctored himself until he was really dying, the physician being called in a very few hours before he expired.

We here waive our rule, and give place to an article just received in reference to Cavour's death. It is from the pen of a

physician of distinction, who graduated in medicine at the time we did, being of the same class :

"The untimely death of the distinguished Italian statesman, in the prime of life, when his patriotic and valuable services were so much needed by his countrymen, has led me to reflect on the unexpected death of many great and useful men. A large number of men, in the vigor of manhood, and in apparently perfect health, die annually, of whom it may be said, they are well to-day and dead to-morrow. Humanly speaking, these men ought not to die when they do.

"A Turin correspondent, writing a few days before his death, says : 'Count Cavour's indisposition exhibits the symptoms of all his previous attacks, a sudden seizure and a speedy recovery. He was bled four times in three days. The complaint is congestion of the brain, arising from intense occupation, want of bodily exercise, either too strong an appetite, or else excessive indulgence in the pleasures of his well-appointed table. Periodical bleeding had become a necessity with him, as with too many of his countrymen.' Count Cavour was a man of florid complexion, sanguine temperament, full habit, short neck. He loved good-cheer, and even quiet revels, among his intimate friends.

"Physicians bleed with one of two objects : to subdue inflammation, or remove congestion. But there is not a professional bleeder in Italy who knows when to bleed, and how much, to subdue a particular inflammation, or in a case of serious congestion, because this latter pathological condition is properly understood only by eminent medical men. In cases of congestion, depending very much on the action of the heart, and the condition of the brain, a very few minutes may determine whether blood-letting is safe.

"No physician, who knows when he ought to bleed, should ever be absent during the process. In cases of inflammation, Marshall Hall's directions to bleed to fainting, and then stop, are all-sufficient. In cases like that of Count Cavour, a man should not be bled at all ; the best remedy is to do nothing. In all such cases which are recoverable, an easy recumbent posture is all that is necessary. Mustard-plasters and friction, with cold applications to the head, may rouse a man sooner than otherwise, and this will satisfy friends, which is important.

In almost all such cases, when a vein is opened, the blood will flow freely for a few seconds, and then ceases. In a man with Cavour's habits of life, the supposed congestion of the brain is simulated, not real. Great mental exertion does not produce that pathological condition known to medical men as congestion of the brain; it is rather torpor of the brain, the proximate cause of which is reflex nervous disturbance, induced by the debility of an over-loaded, over-taxed stomach. As soon as the symptoms of the apparent congestion pass off, so soon as the torpor of the brain begins to disappear, if there is reason to believe that the stomach contains undigested food, (and if the attack is soon after a full meal, you may be sure such is the case,) give a glass of warm water in which has been stirred two teaspoonfuls each of common table-salt and ground mustard, to vomit freely; then administer some remedy which will act certainly, speedily, and powerfully on the liver; because high living, with the liberal use of good wines or alcoholic liquors, such as do not disturb the stomach primarily, as all bad liquors do, narcotize the blood, unless the individual takes a good deal of hard out-door exercise. English gentlemen live high, and enjoy good health, [apparently, for a time.—Ed.,] although they are scholars and statesmen, because they exercise much on horseback. For a longer or shorter time, depending very much on the climate, good wines and pure alcoholic liquors stimulate the liver, and when taken in moderation, improve the health; but sooner or later they render the liver torpid, healthy bile is not secreted, the effete matter of the body remains in the blood, rendering it less vital, while at the same time the direct narcotic effect of the wine and brandy is exerted on the brain and nervous system, weakening them. Abstinence from these drinks, with abundant out-door exercise, is the best remedy and the best preventive of all such cases. But where the man will not take the exercise, (many scholars, statesmen, and professional men think they have not time to take it,) and still will live high, then some medicine which will act on the liver is the only safe reliance. There are vegetable remedies which will keep the liver acting, and also various mineral waters, when drunk from the springs, fresh and pure; but calomel is not only the most efficient and reliable, but it is the safest, mildest remedy which can be used. But to do any good, either as a

preventive or for immediate relief, it must be given in efficient doses, from twenty to sixty grains at a time, according to the threatening symptoms of the case, because in these cases the seats of the trouble are in the liver and the stomach—the latter for the most part temporarily, as in a fit, the former permanently. The stomach must be relieved at once by an emetic, as was the practice among the old Romans, and then have rest; next the liver must be made to perform its physiological functions of keeping the blood pure, by removing the effete matter which is emptied into the blood by the expletory absorbents every minute of a man's life. The malady in such cases is functional, and the vital functions are all weakened, because the assimilating and excreting organs are prevented from doing their constant work. The disturbance and confusion about the brain is not a congestion, pathologically speaking—it is a torpor. Bleeding may, and sometimes does, give temporary relief; but it is a dangerous remedy, because it is deceptive, for, only a small quantity of blood will flow usually, while that which remains is as impure as ever. The system not being in a condition to bear blood-letting, (as in a case of true congestion, where the pulse becomes fuller and stronger as the blood flows freely,) syncope is soon induced, or a decided tendency to it, producing a real congestion, (but one not to be bled for,) and the patient is left exhausted; the true cause of danger is overlooked, the medicines to relieve it are not thought of, and bleeding is again repeated, to remove a condition which every repetition contributes to reproduce. Speaking as a medical man, I would say, if Count Cavour had not been bled at all in his last illness, but had had his stomach emptied, and his liver set to work with promptitude and energy, he would have been well to-day. Of all remedies used in such cases, (and they are numerous, very many of them being among the most efficient men in the community,) blood-letting and opium are the most destructive; but the most fatal field of the latter is in that class of cases where too much strong drink is the cause of the disturbance of the brain.

JNO. C. DARBY.

“LEXINGTON, Ky., Jan. 2, 1861.”

This is a most interesting subject, and is of incalculable practical importance, because it has a special application to our

greatest men. Cavour, Douglas, and Webster were all great men, a head and shoulders above the millions of their own times, and the manner of their lives, their last illness, and their death was remarkably similar. All had been accustomed to drink freely, to "live high," according to accepted reports; all were for the most part insensible for some days, with only an occasional and instantaneous gleam of intelligence, and their great minds went out in the night of insensibility. In either case, there were millions of men who would have given all they possessed in the world to have known the true nature of their maladies, and to have possessed the means of their cure. And as there are multitudes of other great men who are destined to the same habits of life, the same kind of illness, and the same death of mental darkness, the unprofessional reader may be warned hereby as to opium, alcohol, and tobacco. Touch not, taste not, handle not, as you value your health, your life, your mind. At the same time, the educated physicians who regularly read this JOURNAL may make a use of the suggestions of this article, which will be of great practical value as long as they live.

It is too often the fate of distinguished persons, that when they are ill, the judgment of the attending physician becomes so disturbed by the sense of his responsibility, that the chances of success are not half as great as if the patient had been a day-laborer. It is said that Sir Robert Peel was allowed to die because it "hurt him" to adjust the broken bone. Mr. Webster was killed by a fall from his carriage. He did not, it is true, immediately die, but he was never well afterward; his nervous system received a shock from which it never recovered, and when he became confined to his bed, the impression was made that he was suffering from some ailment of the stomach. "Cancer" of that organ was stated to be the malady, and as persons never recover from it, the public mind reconciled itself to an inevitable necessity. But a *post-mortem* examination exhibited the fact that there was nothing like cancer in the stomach; but there was a substance in the liver "as black as tar," which was nothing more than vitiated bile, which with very great certainty could have been carried off from the system by a timely exhibition of efficient hepatic remedies. With equal certainty Mr. Douglas could have been saved in the same way. The fact is, Northern physicians have such an apparent

horror of medicine, or of a public opinion vitiated by the senseless jargon of water-cure journals, steam-doctors, vegetarians, spiritualists, *et id omne*, that they are daily letting their patients die by default, or slide helplessly into the current of any popular delusion which happens to prevail at the time, such as nitrate of silver, cod-liver oil, the phosphates, brandy, and Bourbon whisky. Nearly every patient coming to us lately from New-England has been swilling liquor by advice of the "family physician." Within a month a lady came to us from down-East, who was taking, by advice of a regular physician, black-drop, cherry pectoral, the phosphates, cod-liver oil, and half a pint of Bourbon whisky a day! It does seem to us that New-England, with all her boasted intelligence, is getting no better fast, both in her theology and her physic. Is the Boston *Medical and Surgical Journal*, the medical organ of New-England, asleep? Is the Hub of the Universe "choked"? Or are these results the legitimate unfolding of their teachings? Is the acme of medical knowledge reached? Is the biggest gun—the last resort when all other things fail—a plug of opium, a bottle of "Cherry Pectoral," or a jug of whisky? We pause for a reply!

LIFE AND DEATH.—One half the human family dies under seventeen years of age. Nine tenths of all who are born ought to complete their "three-score years and ten," because nine tenths of all diseases are avoidable by the steady practice of temperance and such out-door activities as are encouragingly remunerative. There is a still more specific method of lengthening life in healthfulness and vigor, and one which is practicable by the masses. Colds or constipation immediately precede or attend almost every case of ordinary disease. The latter can be antagonized by abstinence, cleanliness, and warmth for thirty-six hours; and a cold need not be taken once a year if three things are attended to. Avoid chilliness, damp clothing, and cooling off too soon after exercise.

SLEEPING WITH OTHERS, ETC.

THE following case came under the Editor's attention:

"My little son, eight years old, is lively and well in all respects, as far as I can judge, in the day, but at night he wakes up and screams in the most distressing manner. He awakes frightened almost every night for a year. He has been subject to this for several years, but it is getting to be a distressing case. I almost dread to go to sleep. He sleeps with me, and once every night, sometimes twice, he springs as quick as lightning, screams the most soul-piercing screams, and I take him in my arms, and he looks back, with horror on his face. I could not, unless you saw it, give you an idea of how distressing it is. He is strong and lively, playful, and full of fun and life, until he gets to sleep. This happens every night, and often it so shocks me I can not go to sleep for a long time. He takes dinner at one, supper at sundown, of cambric tea with a piece of bread. All my other children are entirely different; they are lively, hearty, and cheerful, and so is he, otherwise."

The directions given were on the presumption that these effects in the child were caused by sleeping in the same bed with the father, habitually. In two months, the report was made that "he had not waked up frightened for a long time." The national troubles at this point put an end to the correspondence. It may be instructive to know under what bodily symptoms the father had been laboring for some years, but whom the author succeeded in restoring to "better health than had been enjoyed for seven years." Age, thirty-seven; height, five feet seven; broad-shouldered, dark skin, black eyes, and had remarkable health, strength, and activity, never having had any severe sickness; began to chew tobacco ravenously, and became gradually very nervous, from one meal to another; especially in summer, would become so exhausted as to scarcely be able to walk. The least excitement or agitation would keep him from eating enough to sustain his strength

until the next meal-time. Then came on chronic diarrhea, aggravated by any unusual intelligence, or shock of any description. "The least feeling like it, or appearance of loose bowels, completely unmans me; I can't help it; and if I was very hungry or exhausted, the occurrence of any looseness kills my appetite. I can not help being alarmed at any symptom of diarrhea, for it has used me up long ago. I am greatly depressed in spirits from the sympathy incident to planning for and nursing my children, and solicitude for them in sickness, for these ten years. My wife is an angel of goodness to me, and I have every reason to be a happy man. Please don't say any thing that might have a tendency to depress me. As soon as I get the least hungry, I become weak and nervous, and the same if there is any cause for anxiety or excitement. Coffee is poison to me; two swallows would distress my head and make my ears feel as if water were in them; at the same time there is a feeling of wanting to draw a long breath. If I talk much, or read aloud at times, I feel as if I had been violently blowing up a fire. Hot weather is ruinous to me." It was in August, when the thermometer had been ranging at one hundred degrees Fahrenheit, that he wrote of the great improvement in his health. This man's nervous system had been so impaired, and his general health so poor, that it is not to be wondered at if a young child sleeping with him constantly should have its own nervous organization impaired. On being required to sleep in another bed; to go to bed late, but regularly; to sleep on a pillow a little high, so as to antagonize the blood accumulating in the brain; to be waked up about fifteen minutes before the starting and screaming took place, so as to break up whatever there was of mere habit about it; and not only to be waked up, but to get out of bed, walk across the room two or three times, and throw back the bed-covering, so as to allow the confined air to escape, then go to bed again, and avoid sleeping any in the daytime. By these means, and these alone, the starting, etc., began to abate, and to diminish in frequency within a fortnight, and in two months with the results already stated.

BODILY EMANATIONS.

That there are material emanations, distinguishable by the sense of smell, constantly passing from every thing that breathes, is not denied. That every man has a *different* "scent," is proven by the fact that a dog will follow his master through a crowded street or road, although not in sight, keeping his nose to the ground until he can be seen, when he bounds away with his head upwards, because the eye then assists him. An emanation comes from the negro which it requires no nice olfactory to discover. There are some white persons who will scent a room in five minutes after their entrance, to the extent of really sickening delicate organizations. There are most probably emanations of a still more ethereal character, more spiritual than solid or physical. One unknown person entering a room where there is a promiscuous company, will, without speaking a word, chill the whole party; another will fill it with disgust; while a third will send out a genial influence on every heart. It does not require a very large stretch of the imagination to infer that a combination of the ethereal or spiritual emanations with the more solid or material, may certainly act in such a way as to have a malign influence on a highly wrought or very susceptible organization, especially when brought into so close a contact as that of bed-fellows. It is known the world over, that low typhoid fevers of the most malignant and fatal type are caused by human emanations, by crowding persons in confined apartments. These things being true, there is wisdom in the universal custom of Germany to have all beds single. Such a thing as a double bed would be considered a disagreeable curiosity in that wide-spreading nation. What custom prevails in this respect when the "fatherland" is left, is not known.

UNHEALTHY HOUSES.

A man requires ten cubic feet of air every minute, in order to supply an amount of oxygen sufficient for the wants of the system. The air enters the

lungs full of oxygen, it leaves them without an atom, hence that which leaves the lungs is so wholly unfit for breathing purposes, that if re-breathed, unmixed with any other air whatever, it would cause instant suffocation. This unnutritious air is so very light that when out of doors it rises instantly toward the clouds, as may be seen any frosty morning; but when a person is in a close room, this unwholesome air mixes with that which surrounds it, and in a few moments the whole air of any room becomes contaminated, and this contamination becomes more aggravated, more virulent at every breath, and this is the reason of the greater rapidity with which persons and animals recover from terrible wounds when they have to lie out in the open air, with nothing but water to drink and roots or berries to eat for days together, when in fact they would certainly have died if they had had all the comforts of home, fire-side, and friends. It is estimated that in the course of fifty years, a man, in round numbers, breathes five hundred millions of times, taking into his lungs one hundred and seventy tons weight of air, and discharging therefrom twenty tons of deadly carbonic acid gas. The great aim of those who have an ambition to live long and healthfully should be to re-breathe as little of this pernicious gas as possible, and to have as many as practicable, of the five hundred millions of breaths to be drawn, to be taken from the exhaustless store-house of "all out-doors." If the circumstances of one's life should make it necessary to spend a large portion of existence indoors, then it should be a constant aim and study to have a good ventilation, to facilitate the egress of the bad air, and that its place should be supplied by that which is pure, invigorating, and life-giving.

Cases are given to show that a malign influence has been given to rooms, houses, and circumscribed out-door localities; influences so potent, so invisible, so persistent, and so mysterious, as to inspire an indefinable dread and awe of the place. Napoleon the First once ordered the destruction of a sentry-box in which several soldiers had successively committed suicide. A case was reported officially lately, in Paris, to the effect that a gentleman, without any

known reason, destroyed himself; that the person who occupied the apartment before him, and also the latter's predecessor, had committed suicide.

A correspondent writes, April 11th, 1862 :

"Our house is situated on the bank of a large river, on rather low ground, with salt-marshes on one side. So much for the outside. The inside is the great bugbear. A large drain runs through the middle of the house, from front to rear, and through the lawn to the river.

"On either side of the front of the house is a cistern and pump of spring-water, waste-water from both running through this drain, which is directly under the flooring of the kitchen-entry, there being no sub-cellars.

"At the river-end of this lower entry are the two water-closets, contents passing to the river through said drain.

"Now the stench (for it is nothing else) through the house from this sewer is overpowering at times, and always disagreeable. When the wind blows from the river, words can give no idea of the effluvia.

"Before I investigated the subject I was afflicted for years with a constant diarrhea, for which I consulted several physicians, and adopted several kinds of treatment.

"My sister, who slept with me, had three long illnesses of bilious fever. She slept in the corner of our room, just over the drain. The smell in that spot is intense. The bedstead was then removed as far as possible from the noxious corner, plenty of sunshine let in the room, and we have found much benefit from so doing.

"A relative, who was never sick in his life before he moved into this house, has had fever and ague several times; and I am convinced that if it were not that my mother and her four daughters almost live in the open air—riding, driving, walking, and gardening—they would be confirmed invalids from the air generated through this horrid drain."

The gas which lights our dwellings, even when pure, causes great contamination, unless the products of combustion are speedily conveyed away. But

illuminating gas is never pure, it always contains bisulphide of carbon, its burning yields sulphurous acid, which speedily becomes oil of vitriol; another product is sulphurated hydrogen.

If a man weighs himself at bedtime, and again on first rising, he will find an actual loss in weight of half a pound, which amount has gone off from his body and has been distributed through the bed-clothing and the air of the room. If a single ounce of old woolen rags is burned in a chamber, the atmosphere becomes impregnated with the smoke and is scarcely endurable, yet sixteen times that much of foreign material, of dead and refuse parts of the body, are mixed with the air of a chamber, and although not producing so ill an odor, make it sixteen times more injurious, because the air is just sixteen times more impure, has sixteen times less of the appropriate nourishment of the system, showing again the great importance of sleeping in well-ventilated chambers. If two persons sleep in the same room, these pernicious deteriorations of the atmosphere are doubled.

PAPERED CHAMBERS.

This subject has been already referred to, but its importance may be more clearly seen and felt by considering the effects which are observed in the unfortunate poor whose lot in life is to work in coloring green leaves and buds in artificial flowers, with the same substance used in green wall-paper, the arsenite of copper, both copper and arsenic being deadly poisons. These workers are mostly women and girls, and from breathing all day the dust of this arsenite of copper, diffused throughout the atmosphere of the room, soon fall into a most deplorable condition. The derangement of the general health is all-pervading; debility, nervousness, sickness at stomach, want of appetite, thirst, headache, and looseness of bowels, the throat and gums become sore, the eyes red and weak, running of the nose, which soon becomes sore, and ugly ulcers form on the hands, face, neck, and other portions of the body; in fact, the French government, paternal in its nature, becoming acquainted with the facts, forbade the

use of such materials, with the result of more beautiful colors from not unhealthful substances. An inquest was lately held on the dead body of a good-looking girl of eighteen, who had worked in these flowers; the lungs, the liver, all the tissues of the body were impregnated with arsenic. She died in great agony; the wearing of muslin masks over the nose and mouth was not sufficient to protect the lungs from the insinuating poison.

So vigilant is the French government in guarding the health and lives of the industrious poor, that a manufacturer who surreptitiously employed the poisonous and forbidden materials was, in February, 1861, fined and imprisoned, although only a slight eruption had been caused on the hands of a part of his employees. This same poisonous dust and effluvia are constantly escaping from the green paper on the walls of chambers. If there is a poisonous agent in any green color, a drop or two of elixir vitriol discolors it.

In November, 1861, a boy in his fourth year was found in convulsions, which left him apparently half-dead. Just before, the child had complained of being chilly, that he felt sick, would not take any breakfast; during the night he became exceedingly restless. His little sister was also seized with convulsions, followed by violent screaming and copious discharge of the bowels. The boy soon fell into a collapsed state, and died thirty-eight hours after the commencement of the attack. Arsenic was found in the stomach, liver, and intestines. On inquiry, it was ascertained that the children had been playing several days in a small room covered with green flock-paper; the flock brushed off readily. The quantity of the poisonous pigment was equal to one third of the weight of the paper. The coroner and his son experienced headache from sitting in a room hung with such paper. The verdict of the jury was, that the child had been poisoned by the inhalation of arsenical fumes from green paper, and that the manufacturer was guilty of very careless and culpable conduct.

There is ground for the statement that the death of Prince Albert was the result of an illness caused

by occupying apartments, the atmosphere of which was contaminated by foul exhalations. Three years before, fevers of a typhoid type were prevalent at Windsor, and even in the royal apartments at the Castle. A thorough investigation was made by competent persons as to the drainage of the locality. This drainage was found most defective at those parts of the Castle where the fever appeared. This defective drainage was at the two extremities of the pile of buildings, the cloisters and the stables, for they were connected with the town sewers; the middle portion of the building had a drainage of its own, in good condition. The royal family occupied this middle portion and escaped the fever; and it is quite probable that the Prince, who was an accomplished horseman and a great lover of horses, would naturally be drawn to the stables, and thus drew "into his nostrils the breath" of death! the more easily as his constitution was not of that vigorous nature calculated to repel diseased influences. A single hour's breathing of an atmosphere loaded with miasmatic exhalations may produce deadly effects, as will appear from the following incident in another royal family, but a short time before the death of the husband of Victoria the First. It is stated in a letter from Lisbon, in reference to the death of the young King of Portugal:

"It seems the terrible malady to which the unfortunate monarch, and two of his brothers, fell victims, was caught during a visit to Alemtojo, where the air is impregnated with some miasma exceedingly dangerous to strangers. On the evening of his arrival there, the landlord of the house where the royal party had put up, came in to inquire at what hour his majesty wanted breakfast next morning, adding that it could not well be before eight, as it was very unsafe for persons not used to the air of that country to go out early, at least before sunrise; even the inhabitants never venturing abroad until the sun had dispelled the putrid vapors that arise during the night from the soil. Unmindful of this warning, the King was at his window at six next morning, asking for breakfast."

COFFEE SUBSTITUTES.

THE love of coffee is an acquired taste. Perhaps nine tenths of the families using it "burn" it almost to a coal, so that, in reality, any other burnt bitter would answer quite as well. In fact, multitudes in the far West, removed from markets, have become accustomed to use burnt bread-crust as a substitute, which certainly is not injurious, but it is a known fact that a cup of some mild, hot drink at meals is a positive benefit, while a glass of the purest cold water is as certainly an injury, especially to invalids and to all who do not have robust health.

The following substitutes for coffee have been collected, in all of which it is suggested, first, that the substitute be mixed with the genuine article, half-and-half; second, that in order to know what you are really drinking, roast and grind your own coffee. In this way only can you know that you are not imposed upon, or may not be drinking some cheap material, either filthy or poisonous.

1. It is said that three parts of Rio, with two parts of old government Java, well prepared, is quite as good, if not superior, to that made of the latter alone.

2. **WHEAT COFFEE.**—Wheat coffee, made of a mixture of eight quarts of wheat to one pound of real coffee, is said to afford a beverage quite as agreeable as the unadulterated Rio, besides being much more wholesome.

3. **RYE COFFEE.**—Take a peck of rye and cover it with water, let it steep or boil until the grain swells or commences to burst, then drain or dry it. Roast to a deep brown color and prepare as other coffee, allowing twice the time for boiling. Served with boiled milk. Wheat coffee probably could be made the same way.

4. **ANOTHER.**—Take some rye; first, scald it; second, dry it; third, brown it, and then mix it with one third coffee and two thirds rye, and then you will have as good a cup of coffee as you ever drank.

5. **SWEET-POTATO COFFEE.**—Take sweet potatoes, cut them fine enough to dry conveniently, and when dried, grind in a coffee-mill; dry them by the fire or stove, at this season of the year, or by the sun, when that will do it; grind and use one and a half tea-cupfuls for six persons, or mixed with coffee in such proportions as you like. Some omit half of the coffee, some more.

6. **BARLEY COFFEE.**—Take common barley, or the skinless, if it can be obtained, roast as you would coffee, and mix in such proportion as suits your taste. It is very good.

7. **PEA COFFEE.**—It is probably known to many that a very large per cent of the ground coffee sold at the stores is common field-peas, roasted and ground with the coffee. There are hundreds of thousands of bushels of peas annually used for that purpose. Those who are in the habit of purchasing ground coffee can do better to buy their own peas, burn and grind them, and mix to suit themselves.

8. **CARROT COFFEE.**—Is recommended by an exchange. Cut up, dry and grind, and mix with coffee in quantities to suit the taste.

9. **CHESTNUT COFFEE.**—Chestnuts, also, are said to make excellent coffee.

10. Dandelion root, dried and slightly scorched, never burned.

11. **CHICORY COFFEE.**—Equal weights of chicory and coffee, dried and roasted in the usual manner. The chicory root is raised as easily as carrots, and in exactly the same manner. To prepare the root, wash it clean, slice lengthwise in four to six pieces, according to size, cut in two-inch lengths, dry and keep in a dry place until wanted. Chicory is largely used to adulterate coffee in this country, and especially in Europe, 25 million pounds being used in England and France alone.

12. **EXCELSIOR COFFEE.** (our own.)—Half a cup of pure, new, farm-house milk, (such as is furnished to New-Yorkers by the Rockland County and New-Jersey Milk Association,) and while almost boiling hot, add to it as much boiling water, and when sweetened to suit, call it "coffee," and drink it down.

It is worthy of remark, that if the same preparation be provided for children for supper, and you simply call it "tea," they would not perceive any difference between it and the coffee for breakfast. After several years use of both, we have never been able ourselves to perceive the slightest difference.

BREAD AND BUTTER "TEA."

As usually ground, one hundred pounds of wheat yield from seventy-eight to eighty pounds of flour, but when "hulled" before grinding, it yields from ninety to ninety-five pounds. Connoisseurs of the table know that when the bare outside, thin skin of the potato is removed, the most nutritious part of the vegetable is the one fourth of an inch of the outer portion of it, more nutritious than the whole remaining inner part or core; so in wheat, the most nutritious part of the grain is that which is immediately outside of the kernel and adheres to the hull; hence the ten per cent of flour lost in the common mode of grinding, is the most nutritious portion of it. It is in this part, also, that weevils and other animalculæ lay their eggs, and such flour does not keep, while that ground of hulled wheat will, under the same circumstances, keep for years, looking fully as well, and is quite as agreeable to the taste.

BUTTER.—The best temperature for getting butter out of milk quickly, is sixty-eight degrees, ten times quicker than if at fifty-four. If cream is churned, it should be about sixty-eight degrees.

TEA.—Take pure soft water, make it boil rapidly, and the moment it has boiled, make the drawing of tea in the usual way, thus retaining the gas in the water, which gives that lifelike and sparkling quality so contradistinguished from "flat," "dead" drinks—dish-water, for example.

It is very certain that several years would be added to civilized life if, from infancy to age, nothing were eaten after dinner but a bowl of pure, fresh, sweet milk, and cold, light, or hot corn-bread for children; and for those over a dozen years of age, the "supper" should be made of stale, coarse, "light bread," with fresh butter made of rich milk, and a cup of hot tea; for children, made of boiled milk and hot water, half-and-half, with sugar, adding green or black tea in later years. The effect of such a "supper" would be to allow the stomach to rest at night, with the other parts of the body, by which it would be laying up a stock of strength to be expended on a hearty breakfast. The most unobservant know that a very hearty supper will inevitably be followed by a disturbed, dreamy, or otherwise unrefreshing sleep. Just as certain as any thing in nature can be certain, will a bad night's rest be succeeded by a weary waking up, with an entire day following of more or less discomfort; an irritability of mind or depression of spirits, while the body lacks that animation, vivacity and elasticity so inseparable from vigorous health, and without which life is pleasureless, if not actually burdensome. What an inconsideration it is, that for the small and literally momentary pleasure of swallowing a little "relish" of chipped beef, pound-cake, preserves, hot rolls, or ginger-bread, all of which tempt and lead on the appetite to excesses, we incur the discomforts just alluded to, at the expense of a sound sleep, a glad awakening, a glorious appetite, and a pleasurable day.

BEARDS.

THE wise and kind Infinite never made any thing in vain. Every created thing has not only its use, but its uses. Wearing the beard is no exception to the universal law. The beard was first mentioned thirty-three centuries ago, in connection with a Mosaic injunction, that it should not be "marred"—deformed. Its first great design, perhaps, was to distinguish the sexes, to inspire personal dignity, self-respect, and the deference of woman. The next great use is its influence in the preservation of man in those out-door exposures to winds, and cold, and dust, and accidents from which women are exempt, from its being more natural for her to remain in-doors in attention to domestic duties. Since we first mentioned, some five years ago, the advantages of keeping the mouth shut, as a preservative against colds, pleurisies, and pneumonias, by its sending the air to the lungs through the circuit of the head, thus warming it, a book has been written on the subject. The beard on the upper-lip is kept warm by its living connection with the body, and by the warm air constantly passing out of the nostrils; this warmth is imparted to the incoming air, and thus effectually prevents those dangerous shocks of cold driving in upon the warm lungs, which so often cut short human life in three or four days. The beard being warm, evaporates any dampness in the atmosphere, to a greater or less degree, and thus gives a purer air to the lungs; rendered still more pure by the dust, with which the air is always full, being detained in the meshes of the hair.

The throat and upper part of the chest are greatly exposed to cold; their imprudent exposure engenders some of the most fatal forms of disease, such as Bronchitis, Consumption, Diphtheria, and the like. The beard is an extraordinary protection against cold. The thinnest gossamer veil over the face will make the coldest winds endurable. Delicate and silken as the hair is, its protecting influence in keeping the scalp comfortably warm, is very impressively appreciated by those who have become bald.

Inconsistent as it may seem at first sight, the beard not only keeps the parts genially warm in winter, but by its evaporating influence, cools the parts wonderfully in the hottest weather, to say nothing of its breaking the force of the hot sun.

Another advantage of the beard is its power to break the force of blows and arrest the stroke of a cutting instrument against so vital and otherwise easily vulnerable a part as the throat. Many persons aggravate throat complaints by mufflers, wearing scarfs or extra covering about the neck; these do keep the throat warm, but in every change of position of the head or face, some part of the neck or throat is moved from the covering; the covering does not adapt itself to or follow the movement, hence the cold air rushes in upon that unprotected part and chills it; but the beard follows every motion of the head or face faithfully, and thus is the most perfect muffler that can possibly be devised. Nature's provisions can not be interfered with with impunity. The Orientals, who shave the head and wear the beard, suffer more from ophthalmia, an eye-disease, but have fine teeth. Europeans, who shave the beard and wear the hair, suffer but little from ophthalmia, but have very defective teeth; this last result may arise from the beard modifying the coldness of the air which passes into the mouth, thus keeping the temperature of the teeth more equal. The early Christian fathers denounced shaving as a violation of the law of God. The beard of John Mayo of Germany touched the ground when he stood upright. Steel-grinders, stone-cutters, engineers, firemen, and all others who work in dust, heat, or steam, should especially wear the beard. Daily shaving is an intolerable nuisance, a useless waste of time.

M E M O R I E S .

"ALL men think all men mortal but themselves." Every man goes on the presumption that he at least, whatever may be the fate of the friends of his own age, will live to become an old man; and taking it for granted that such will prove to be the fact, the very commonest capacity ought to feel the importance and see the wisdom of so living, that when that old age does come, it shall be one of physical comfort and mental repose; that, in short, it shall be an old age, genial, joyous, and gleesome. Regular, temperate, and industrious habits from youth through mature years will, with the utmost certainty, give health and vigor to gray hairs, without pain or sickness or premature wasting. But at three-score and ten, the step may be still firm, the eye bright, the intellect vigorous, digestion good, and all the tastes, appetites, propensities, and appreciations still keen and enjoyable; but in that bright eye there is no merry twinkle; in that yet ruddy face there is no index of a genial heart within; the voice, still strong, does not express itself in sympathetic benevolences; and the hands are all unused to deeds of love and kindness to the unfortunate and the poor; and, in addition, there is a hardness of sentiment and manner and conduct, which prove, beyond contradiction, that within that bosom there is not one ray of pure joy, not one thrill of unalloyed delight. And why? All the energies, from youth to age, had been expended in securing food for the body, as if human existence were only to eat and drink and die. No provision had been made for the aliment of the mind and heart, as if they needed nothing but to gloat over hoarded gold. But in amassing that treasure, injustices were done; wrongs had been perpetrated; deceits had been practiced; advantages had been taken of brother-strugglers in the race for life. It had altogether been forgotten that the heart of age fed best, and flourished green and sunshiny, on the sweet memories of good deeds done, of kind acts performed by favoring the poor, aiding the weak, assisting the unfortunate, helping up the fallen, encouraging the despondent, counseling the ignorant, steadying the wayward, warning the reckless, and being a brother, forbearing, loving, considerate, toward all, as the representatives of a common Father in heaven and the Saviour of man, and failing thus to do "to one of these little ones," they had shown themselves unwilling to do it to the Infinite, who made, preserved, and redeemed them; thus, when age comes, the heart has nothing to live upon, the busy memories, sharp-pricking, go back to clouds instead of sunshine, and the man feels, as did that great but perverted intellect,

"The flowers, the fruits are gone;
The worm, the canker, and the grief
Are mine alone!"

But let a man feel that the truest way of living for himself is to live for others; that the best way to serve his Maker is to "make it his meat and his drink," his highest aim, to benefit and bless mankind habitually, by such acts of kindness and charity as it is in his power to perform, consistent with the other duties of life; then the earthly pilgrimage will have a very different ending; for as he enters upon immortal scenes, he exclaims, not in the despairing language of Lord Byron, but in the exultant expressions of one quite as highly born as the English nobleman, of talents quite as commanding, and, in the learning of his time, very far superior: "The time of my departure is at hand; I have fought a good fight, I have finished my course, I have kept the faith; henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous Judge, shall give me at that day; and not to me only, but unto all them also that love his appearing."

A CENTENARIAN.

WE have just received a letter from "HUGH CULL," who was born at Havre de Grace, Maryland, in October, seventeen hundred and fifty-seven. In 1760 he went to the "West," which was then in Pennsylvania; twenty years later, he went to the "West" again, which by that time had moved itself to Lexington, Kentucky; a quarter of a century further on, he followed the "West," and found it in Wayne county, Indiana, where he has lived ever since. For three quarters of a century he has been a member of the Methodist Church, and for fifty-five years one of its ministers; "never wrote a sermon in my life, never used notes." His "circuit" was two hundred miles long and twenty broad, made in four weeks, preaching every day. Father Cull is five feet ten, weighs one hundred and sixty pounds, heavy eyebrows, and very black hair, never having changed its color. For the first fifty years of his life his chief diet was corn-bread and sweet milk. He never could eat any thing acid, not even a sour apple. His abstinence from any kind of food was not with reference to its healthfulness, but solely because he had no relish for it, hence does not eat boiled "victuals," and takes no vegetables or fresh meat. He is a very little eater, not fond of a variety. A little salt meat, bread, and very sweet coffee, constitute his main diet. He takes no stimulants, (liquor,) never spent a dollar for whisky; yet chews tobacco, "and always has." He sleeps more than almost any other man, goes to bed at dark and rises with the sun, winter and summer, always taking his breakfast late. Has worked on his farm for a living, never worked hard, but in moderation; is very confident that he never had any children—whether he had a wife, does not say. His sermons are always short and earnest. If he will only re-emigrate, we will promise him one of the largest and most *appreciative* congregations in New-York. He has lived in the same house fifty-two years. He has a cheerful disposition, and evidently is of an inquiring turn of mind, for in a postscript he wishes to know who baptized John the Baptist. No doubt this question has been "pestering" him for a hundred years. Will some of our double D'd readers vouchsafe the long desired information, and thus enable him to die with one less "weight on his mind?" The practical inquiry is, to what does this Father in Israel owe his great age and healthfulness? Plainly, to a simple mode of life; the moderate eating of such plain food as was agreeable to his taste; habitual, moderate daily labor on a farm, and an earnest industry in doing good to others, and striving to get better himself.

HEALTH THEORIES.

Let the reader turn to the Health Tract, No. 76, and see how at one fell swoop the thousand and one stupid theories of crude minds, brass faces and wooden heads, are knocked into a tee-totally cocked-hat. You dish-water vegetarians, see what fools you have made of yourselves! Here is a Centenarian who never ate vegetables, but always did eat animal food, either milk or meat from the moment of his first squeak. And ye loud blatant cold-water soakers! Here is a jolly old chap of a hundred and five, who never saw a bath-tub; whose only shower-bath was a pouring rain in trying to keep some appointment; whose only *douche* was swimming some swollen "creek" in his endeavor to be up to time at some log-cabin meeting-house. What will that sapient Ohio Conference now do, who last year debated the resolution, if indeed they did not pass it, that any man who chewed tobacco should not be allowed to preach the Gospel? And you rampant ravers who have screamed yourselves blue in the face to prove that hog-meat is the cause of all the scrofula in the world, what think you of Father Cull's testimony, that almost the only meat he ever ate was "salt-meat," a word which out West is the synonym of ham and bacon. And in this connection, just turn to our article on "Pork as Food," for January 1859. We are not partial at all, and would "just as lief" give ourself a kick as any one else, if a "smile" can be got out of it. We have been proclaiming for years, that one of the best means of preserving health, especially "out West," was to take an early breakfast; and here is a man who has kept himself "out West" for a hundred years, has persisted in taking breakfast "late," and even in "fever'n-agy-Ingiany," has never had a "shake" in his life. In fact, this "old feller" seems to have lived "just a purpose" to demolish all speculation; he is the great theory-annihilator. Where is the grape-man, too, who had a large vineyard, and printed a book for gullible New-York, showing that the most certain way of living to a good old age, if not longer, was to eat grapes all the year round; to him, also, old Father Cull is a perfect Mississippi snag, for he couldn't abide any thing sour, nothing acid, not even that of fruit. Why, then, has the old man persisted in living all this time? that's what we would like to know, for we are very anxious to live a good while. We are like Paul, the spirit may be willing, but the flesh is weak; it will prefer the leeks and onions on this side Jordan. Come to think of it, we are rather more of the same mind with the little old fellow living on the Jersey Flats. The doctor told him his time had come; then they sent for the minister, who told him he ought to get ready, and more, he ought to be resigned and be willing. "Are you willing, Zechariah, to go to the other world?" "Oh! yes, I'll go," said Zec, with a faint and sighful voice; "but I had rather stay here where I'm better acquainted."

But perhaps it was the coffee that has kept our venerable friend alive. We suggest the formation of a society for promoting long life, whose whole system of by-laws, rules, regulations and constitution shall be comprized in less than half a dozen words, easily remembered: DRINK WELL-SWEETENED COFFEE DAILY. Such a constitution is easily "expounded," can have but one interpretation, and is very readily carried into practice. Let a committee be appointed, with instructions to report progress on the first day of January, in the year of grace two thousand, and then have leave to report again, after a spell. The record which good old Father Cull has sent us of his life is very suggestive, as showing up a very common folly of weak minds, and there are multitudes of such in every department of human life, building theories of life and death, of human government and human conduct on single isolated facts. Facts are often falsehoods, because not taken with all their connections. Only whole facts are truths. It would be just as unfair to say that Father Cull has lived so long because he has always used tobacco, as it would be to aver that his great age is due to the fact that he never ate any thing sour, or that he never had any babies to keep him awake of nights, or gouge his eyes half out, or make digital explorations up his nostrils at day-light. The presumption is, that he lived so long because he had a good constitution to begin with; that the first half-century of his life was spent in industrious, useful and benign activities in the open air, combined with simple tastes, moderate appetites and as moderate an indulgence of the same. In short, he was a plain liver, a cheerful worker, and a good man from his youth up; and those of our readers who have an ambition to reach a patriarchal age, should, like Father Cull, live temperately and industriously, doing good always unto all men.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. IX.]

JULY, 1862.

[No. 7.

TEETH.

A STATEMENT is going the rounds of the newspapers and scissored magazines without "credit," and thus without authority, which prevents an appreciating public, too lazy to think for themselves, the pleasure of knowing to whom they are indebted for an article so universally practical, and yet so perfectly convincing and logical in its statements and conclusions. It is headed:

"A NEW TOOTH-POWDER.—Roasted rye is recommended as tooth-powder, from the fact that, in all those countries where bread made of rye is the food of the generality of the inhabitants, the latter are remarkable for the whiteness, strength, and durability of their teeth. Savoy and Landes are instances of this truth. Schrader has found 500 grammes of ashes of rye to contain 7 grammes of carbonate of lime, 9.8 ditto of magnesia, 7.2 of oxyd of iron and manganese, and 1.9 of silica, all of which substances have a favorable effect on the teeth. Rye, finely pulverized and used daily as a tooth-powder, is said to stop caries, and promptly cure the small abscesses which are often formed on the gums."

This show of scientific terms will cause the statement to be received as perfectly conclusive by that large class of readers which voraciously gulp down as true all that is put in print, thus saving themselves the trouble of thinking. Reflecting persons, however, will call in question the legitimacy of the

sequence that pulverized roasted rye, daily used as a tooth-powder, will insure sound, white teeth, even if decay has already begun, because those who live on rye-bread have good teeth! It is this careless, incoherent, and illogical mixing up of the false and true, of mere theory with fact, which makes so many failures in life. Want of exactness in our knowledge is a striking characteristic of the American people. Knowledge is only practically valuable in proportion as it is exact. Hence those who "succeed in life" (with us "success" means making a large amount of money) rather blunder on a fortune than secure it by well-matured plans and operations. We might as well say that because taking water into the stomach satisfied thirst, washing the big toe would do the same thing.

It is beautifully and instructively true that the inhabitants of Savoy and Landes have strong, white, and durable teeth, but it does not necessarily follow that it is owing to the fact of their living on rye-bread. Perhaps it is because they do not eat much meat or do not drink whisky. May be it is because they do not drink much water in the south of France and in northern Italy, where wine is so abundant. Perhaps it is because they never read a daily newspaper, and thus are saved from burdening their memories and endangering their health and lives by multitudes of plausible but lying "receipts." But by a little scientific inquiry we may be able to decide with satisfactory conclusiveness whether there is any connection between eating rye-bread and having sound teeth. One familiar fact looking in that direction is, that certain soils will largely increase their yield of grain if lime is scattered over them. This proves that lime is a constituent of grains, and when a chemist analyzes them, he finds that lime is one of their largest constituents. If hens are fed on food which contains no lime, they will soon lay eggs without any shells, or will lay none at all; but give them lime to eat with their food, or give them food which has lime largely as a constituent, and the eggs will soon have shells on them. This would seem to show that egg-shells are mainly composed of lime, and such is the fact. As to the teeth, it is found that almost the entire bulk is lime. Some teeth are softer than others, and on examination it is found that they are soft because they have not the proper amount of lime in them.

Again, the "permanent" teeth of many of our children begin to decay before they are seven years old. On examination it is found that at some point, perhaps the center of the upper horizontal surface, there is a soft spot not covered with enamel, and it is because there was not lime enough in the system to complete the work of enameling the whole tooth—like some men who begin to build houses, and have to leave them unfinished for want of money to purchase materials to complete them. It would seem then that if grains are composed mainly of lime, and teeth wanting in whiteness, strength, and durability are deficient in lime, it is a rational inference that if grains were made the chief articles of food by a people, that people would have sound teeth. We feed on grains in the shape of bread. The main diet of the French is bread; and on our visit to the Louvre, in Paris, it was noticed, with considerable interest and wonder, that a young man or woman would paint until noon, then would make a hearty dinner on a loaf of bread and a bottle of wine, without leaving the apartment, and then paint on the remainder of the day. Persons were seen passing along the streets with loaves of bread on their shoulders a yard long. The fact is, the French make the best bread in the world, and on their bread and wine alone a man may live sumptuously every day. It very naturally follows then, that, as the main food of the French is made of grain, and Landes is in France, and the people of Landes have good teeth, and teeth are bad for want of lime, and grain (bread) has a great deal of lime in it, the way to give our children good teeth is to bring them up on bread. But that is taking rather a long jump, for we "fetch up all standing" against a stubborn little fact that all our children eat largely of bread, and yet dentists assure us that there are hundreds of children under ten years of age who have from one to half a dozen plugs of gold in their teeth. Is not the reader sorry to have such a beautiful theory spoiled, to say nothing of the trouble of hunting up another? But we must follow out the investigation. It never does any good to "give up," to get "discouraged," especially in matters of this kind; for this thing of having good teeth is one of prime importance in a variety of ways. It prevents dyspepsia; it adds to the pleasure and comfort of eating. Without good teeth the most splendid "figure"

is nothing, and the handsomest face is not worth looking at. What woman would knowingly and willingly wed a man without "ivories"? The smile of beauty, how enrapturing! But if that smile displays a snagged tooth, blackened and half-decayed, what a fall!—nothing less than fathomless! Young ladies, a fine set of pearly-white teeth (of your own!) will be of greater service to you in getting a good husband, a man of fine, elevated tastes, than the stocks, bonds, and mortgages of your father.

But so far from the grain and tooth theory being spoiled, a little further investigation will add both to its beauty and truthfulness. The people of Landes eat their bread with all the lime in it. We throw the lime away and eat the remainder! Landes and Savoy are out-of-the-way countries. The inhabitants are small farmers and poor, hence are careful, waste nothing, and prepare their food in the most primitive manner. In short, they eat the whole grain, either boiling it as we do rice or cracked wheat, or pound or grind it into coarse meal for bread, thus consuming the whole grain, husk, kernel, pith, heart, and all. It is true of grains as it is of the potato, the most nutritious and wholesome part is that immediately under the outer skin. The outer eighth of an inch of the potato contains more nourishment than all the remainder; hence it is a shameful waste to peel a potato with a knife, of which many of the poor are unfortunately ignorant to their own great loss. Thus it is that the outer portion of ground grain, called the "bran," is richest in nutriment and contains nearly all the lime; but by refining it away, in our efforts to get a "fine" and "white" flour, we but eat the refuse and throw away the substance, and thus lose the lime which gives strength to the bones, durability to the teeth, and vigor to the brain, through the pure, perfect, and life-giving blood which the consumption of the whole grain makes.

In point of physical vigor and development it would be of incalculable value to our country if the children were allowed to take nothing for their breakfast and supper, as their general habit, until the twelfth year is completed, but milk with mush, cracked wheat, porridge, or other forms of food which include the entire grain. Oat-meal porridge is the main article of food

in most Scotch families, and they are among the most enduring race of men. Their tenacity, their power of adherence, of "holding on," has become a proverb, not only physically but morally. Who like a Scotchman could "hold on" so bravely to his religion, in spite of the "boot"? Who like Sandy could clutch his dollar, defiant of the pirate's thumb-screw? And who but Sandy would stick to his pitcher of hot whisky-punch, albeit the ship was taking its final plunge to unfathomable depths?

In confirmation of these views, Dr. John Allen, of this city, one of the fathers of American dentistry, states, in a scientific essay on the "Development of the Natural Teeth," that seventy-one parts out of a hundred of each tooth are of lime in some form—that is, of the bony structure of the tooth; while the enamel, or vitreous substance which covers the external surface of the crown of the human tooth, contains over ninety-four per cent of lime. Dr. Allen's article has come to hand since the above was written, and it would seem as if he had prepared it exactly in the form best suited to our mode of illustration; for after showing how large a constituent of the tooth, and especially of the enamel, lime is, he proceeds to give tables showing how much lime the whole product of the grain contains, and then how little in comparison bread contains which has been deprived of its bran, for the little benefit of having a finer and whiter article of flour. Let it be remembered here that there is no specific virtue in rye beyond what is found in the other grains.

In 500 lbs. of whole grain	
There are 12 lbs. of fat elements,	
35 of flesh,	
85 of bone.	
500 lbs. of fine flour contain	
10 lbs. of fat elements,	
65 of flesh,	
30 of bone!	
500 lbs. of "bran" contain	
30 of fat elements,	
00 of flesh!	
125 of bone!	

These statements need no comment. They can not be disputed, and all argument against them is altogether useless; and

all this about, not a "dog-tooth," or "sweet tooth," but a "bread-tooth;" teeth made beautiful, and white, and strong, and enduring, by eating largely of bread made of coarse flour, whether of corn, wheat, barley, oats, or rye. But as to the efficacy of tooth-powders made out of roasted rye, simply because persons who eat rye-bread have good, sound teeth, it is only the argument of an impracticable ass, or some needy, seedy dentist who wanted to "make a raise" by selling burnt rye at twenty-five cents a box, (of a table-spoonful!) But forty "fies" be on any editor who would cumber his columns with such a glaring *non sequitur*. Our Philadelphia exchanges for example!

A LUMINOSITY.—John Young Myrtle, M.D., F.R.C.P.E., and the rest of the A B C's, took the pains a "spell" ago to send a paper to the Medico-Chirurgical Society of Edinburgh, containing this very clear, concise, and precise prescription, in part: "As much hog's lard as a slice of fresh butter from the table." The *Boston Medical Journal* quotes the same without note, comment, exclamation, or explanation. The same indefiniteness, want of precision, is a very common defect in published recipes and medical prescriptions. It is better to throw every thing of the sort into the fire. Meanwhile, will the *Boston Medical Journal* tell its multitudinous readers what is the size of a "slice of fresh butter from the table"? Is it as large as a slice of salted butter from the same place? Is it as large or larger, or is it smaller, than a slice of butter from a tub or grocer's shelf? Is it as large as a piece of chalk? Is it as big as a turnip, or as the head of John Young Myrtle, with all the letters of the alphabet, and all the way from "Edinboro' town"? Within a few days, a life was nearly lost by a person following a newspaper "receipt," which printed a "tablespoonful" instead of a teaspoonful. No person should swallow any medicine from a newspaper direction, unless it has been submitted to an authorized druggist or an intelligent physician. And every editor owes it to his own defense, and to the welfare of his patrons, to publish no suggestion as to human health, without giving the authority; and not even then, unless the name of the person or publication has some claim on public credence.

WILSON'S PRESBYTERIAN ALMANAC.—Without solicitation the following is inserted. It embodies our own views of the general and great value of the work, not only to clergymen, but to every well-informed church-member and officer. The price is one dollar and a half a volume. Four are issued. Many a clergyman would like to have the book, but may not see his way clear to spare the price of it. To such we say that we will send either volume free of expense to any clergyman who will send us three dollars for three subscribers to HALL'S JOURNAL OF HEALTH for 1862. We will send the four volumes free of expense for the trouble of obtaining ten subscribers for 1862.

"MESSRS. EDITORS: Some weeks ago I noticed that the *Presbyterian* described *Wilson's Presbyterian Almanac* at some length, and with just commendation. Heartily concurring in this estimate of a work which has now for the fourth time more than justified its prospectus, and is indeed very comprehensive and accurate, I can not but express my regret and surprise that it has not been more extensively encouraged. It is useful to persons of all denominations, but it has especial value for all the various Presbyterian communions. To say nothing of the *ministers*, it would seem as if it ought to be in the hands of *ruling elders* and many *laymen*; and it ought to be suggested to these classes, to avail themselves of the opportunity of possessing the important information it annually collects, with great pains and expense, hitherto inadequately met by the sales. It were to be regretted if, for this want of remunerative sales, the work should cease to be issued.

"Very truly yours, JOHN M. KREBS.

"NEW-YORK, May 8th, 1862."

HEALTH RUINED.

Two young men called to consult us to-day at the same time; one from the city, the other from a farm in New-England, both the victims of chronic maladies; the ambition of both, and the hopes of both, blasted and blighted by the inroads of disease; both in their twenty-second year. Whether they can be rescued from a premature grave, time, the great solver of difficult

problems, alone can tell. It is hard enough for one to make his own way in the world, even when in vigorous health; but to earn an honest living, and to lay up money for the future, when weighed down by some disease which makes itself felt every hour of waking existence, is in all cases a painful and laborious task; in some, an impossibility. It is natural that the young should be vigorous and strong; but that vigor and that strength are often thrown away by inexcusable ignorance, or unpardonable thoughtlessness. The citizen had come to town with high health, high hopes, and a high ambition, backed by a good family, a good education, and good moral principles. He had a manliness of expression which at once inspired confidence, and secured a profitable situation. Within six months his health was broken, and at the end of three years he is still an invalid, from the following cause—a cause which one would suppose any man of two ideas might have known must inevitably produce pernicious results. His employers occupied a basement in Water street as a counting-room, so damp that it spoiled their goods, which had to be removed on that account; still the place was used for keeping books, writing letters, etc. The young man's duties called him out several times every day, in the heat of summer, never failing to induce free perspiration. As soon as he reached his office, he pulled off his coat and hat, and employed himself at his writing-desk, with the result of cooling off rapidly in a low room known to be damp and cold. He saw at length that his health was declining, and reading some stupid article in a newspaper about the all-efficient benefits of physical exercise, he entered his name in a gymnasium at the beginning of winter. His mode of procedure was as follows: He walked from the store to the gymnasium pretty rapidly, making himself a little warm. Ushered into a cold room, he pulled off his warm clothing, and put on the cold garments supposed to be more suitable for his performance. In an hour or two he was in a delightful glow, a healthful heat, from vigorous exercise; when, getting a little tired, he went to the clothes-room, took off the warm garments, and put on others which were not merely cold, but a little damp from the exercise in coming to the place, and by the time he got out of doors, he was chilled; and this was

persisted in until its absurdity was brought to his attention. It is by such thoughtlessness and ignorance that many a young man is sent to an early grave.

The young farmer had a variety of ailments, but, as a saving clause in his estimation, he had a good appetite; and it is not an uncommon thing for patients to complain of aches and pains from top to toe, but to the question, "What's your appetite?" the ready and uniform reply is: "First rate; no fault to find with that." The young farmer said he was weak, couldn't work; in fact, it appeared that all he could do was to grunt and eat, just like a pig. He could eat all day, at regular meals and between times. He always had a good appetite for supper—a New-England supper—the chief elements of which were sodden bread, greasy cakes, pie, preserves, and doughnuts. Reader, be honest; don't you think that such folks ought to die? There is no kind of use for people in this world who have no brains. More than twenty years ago we made the tour of New-England, just to be seeing things; and such dishes of fat pork and fries, sweet doughnuts boiled in hog's fat, sour preserves, (that is, sweetened fruits in a state of decay,) and bread weighing an ounce to the cubic inch, we never saw before nor since, and never want to. Is New-England intelligence on a wool-gathering expedition still, that they have "pie" for supper? What is a "pie," as generally made? Even after all the cooking it gets, it is stewed fruit, covering over a layer of mere dough, almost as heavy as lead, almost as indigestible as a piece of raw-hide or India-rubber. Two simple rules in relation to this subject would prevent an incalculable amount of pain and suffering: First. Eat nothing between meals. Second. Take no supper at all, or if any thing, only a single cup of weak tea and crust of cold bread and butter.

SUMMERINGS.

1. In going to the country to spend your summer, leave business behind, but take with you your entire stock of patience, courtesy, self-respect, and religion. Go as plain "John Smith, gentleman."

2. If you have the first claim to being well-bred, you will be the last person in the world to volunteer any information on the subject. If it must be told, let it be by your conduct; let your entire deportment prove that you are a lady or a gentleman.

3. Do not profess that you "know" Mr. Astor, Mr. Grinnell, Mr. Min-turn, or other distinguished citizens, when your entire knowledge consists in their having been pointed out to you on the street.

4. Avoid claiming acquaintance with this or that family of note, when you only happen to have spoken to them on a rail-car or steamboat, or in some purely business transaction. An enterprising individual once claimed that he knew a distinguished judge very well. On inquiry it was found that the said judge had once sent him to the penitentiary!

5. If you have the first mite of common-sense, and really go to the country for recreation, enjoyment, and health, leave your best and second-best clothing at home; take only your common wardrobe, and but a small part of that; not only that the persons you "stop with" may feel more easy, but that you may feel freer yourself to scale fences, climb trees, scramble up mountain-sides, wade across creeks, penetrate forest tangles, and jump Jim Crow generally.

6. Never turn up your nose at any thing at the table; if you have the slightest disposition to do so, you may be sure it is a pug, and isn't long enough to turn. If you don't like a thing, let it alone; eat nothing, and by the next meal you may be glad to get any thing.

7. Remember that in going to the country a sensible man's object is neither to dress nor eat, chiefly, but to obtain mental repose, pure air, and unrestrained exercise.

8. Endeavor to conform, without apparent effort, to the arrangements of the family with whom you board, and to the manners and customs of the people around you, as far as they do not compromise your principles of good morals and good taste.

9. Be cheerful, be kind, be considerate, be accommodating.

10. Do not obtrude your political or religious sentiments.

11. Shun argument and controversy on any and all subjects.

12. Let your courtesy come out naturally; and if religious, don't be a Pharisee.

VACCINATION.

IN round numbers, and familiar fractions, of 70,000 Prussian soldiers vaccinated, or re-vaccinated, during 1860, 50,000 were successful—namely, “took.” Out of this whole number there was not a single case of small-pox, and only one of varioloid, showing what a perfect protection against small-pox effectual vaccination is; but as three out of four “took” after having been re-vaccinated, there is reason to believe that these might have taken varioloid or small-pox if they had been very directly exposed to it. As confinement to the house in winter makes “catching” diseases more dangerous, and as the virtue of the vaccination of childhood and infancy seems to be exhausted in many cases at puberty, parents who are wise will therefore promptly have every child vaccinated the second time on entering the fourteenth year, especially as it causes very little constitutional disturbance. The family physician should be applied to to use every effort to secure healthy vaccine matter. It would be humanity to make it an indispensable condition of admission into a public school to have a distinct vaccine-mark on all under fourteen, and a certificate of re-vaccination as to all who have entered their fourteenth year.

VACCINATION OF INFANTS, within a few days after birth, has been attended with accidents more or less serious, and sometimes fatal; and as small-pox is very rare in children under six months of age, it is best, in the case of private families, to defer the operation until the third month, except as to children in hospitals, or in other particularly exposed circumstances. Special efforts should be used to secure proper vaccine matter.

1. Take the lymph from a child not less than five months old.
2. The child's parents should be healthy.
3. The lymph should be taken previous to the ninth day of the existence of the vesicle.
4. Take no blood with the matter.
5. Never vaccinate over a dozen with the same supply, for fear it may have been from a diseased subject.

SCALDS AND BURNS.

On the instant of the accident, plunge the part under cold water. This relieves the pain in a second, and allows all hands to become composed. If the part can not be kept under water, cover it over with dry flour, an inch deep or more. In both cases pain ceases because the air is excluded. In many instances nothing more will be needed after the flour; simply let it remain until it falls off, when a new skin will be found under. In severer cases, while the part injured is under water, simmer a leek or two in an earthen vessel, with half their bulk of hog's lard, until the leeks are soft, then strain through a muslin rag. This makes a greenish-colored ointment, which, when cool, spread thickly on a *linen* cloth and apply it to the injured part. If there are blisters, let out the water. When the part becomes feverish and uncomfortable, renew the ointment, and a rapid, painless cure will be the result, if the patient, in the mean while, lives exclusively on fruits, coarse bread, and other light, loosening food.

If the scald or burn is not very severe—that is, if it is not deeper than the outer skin—an ointment made of sulphur, with lard enough to make it spread stiffly on a linen rag, will be effectual. The leek-ointment is most needed when there is ulceration from neglected burns, or when the injury is deeper than the surface. As this ointment is very healing and soothing in the troublesome excoriations of children, and also in foul, indolent ulcers, and is said to be efficacious in modifying, or preventing altogether, the pitting of small-pox, it would answer a good purpose if families were to keep it on hand for emergencies—the sulphur-ointment for moderate cases, and the leek-ointment in those of greater severity, or of a deeper nature.

M U S I C

REFINES the taste, purifies the heart, and elevates our nature. It does more: it soothes in sorrow, tranquillizes in passion, and wears away the irritabilities of life. It intensifies love, it fires patriotism, and makes the altar of our devotion burn with a purer, holier flame. Not only man, but the brutes themselves have been restrained and charmed by the bewitching power which it possesses. And in the still twilight hour, when sweet, sad memories go back upon the distant past, and hover lovingly about the places where we played and the persons whom we loved, but now gone, in their youth and beauty and purity, to return no more, who does not know that the soul drinks more deeply in of the saddening sweetness when it breaks out in the soft, low notes of song, or the fingers instinctively sweep through diapasons absolutely ravishing? And when tedious disease has dampened the fires of life, has removed its gilding and written "vanity" on all things earthly; when wealth and fame and worldly honor are felt to be nothing; when the aims and ambitions and aspirations which were wont to rouse up all the energies of nature toward their accomplishment fail of their accustomed power, music renders the burden of sickness light, and makes us all oblivious of pain and suffering. For these reasons, that parent has largely neglected a religious duty, has been strangely forgetful of one of the highest of all obligations, who fails to afford his children, while yet young, all the facilities in his power for fostering and cultivating whatever taste for music they possess, whether vocal or instrumental; for in after-life, and through all its vicissitudes, those who practise it, in the love of it, when young, will find in its exercise a happy escapade in seasons of boisterous mirth, and thus increase the joy; in times of dependency, its expression will give encouragement; when difficulties oppose, it will inspire strength to overcome them, and when clouds of trouble gather around and above, hedging up the future, shutting out the blue sky of life, music can penetrate even Egyptian darkness, and let in upon the almost broken heart the sunshine of hope, of gladness, and of joy.

It is because of this view of the health-giving, happyfying, and refining influences of music, that in the progress of a high civilization its cultivation has become a profession, not only among those who give utterance to it in vocal symphonies, "almost divine," but men of genius and mechanical talent, not

MUSIC.

willing to be laggards in their department; have brought all their energies to bear in the improvement of every form of instrumental music, and, more than in any other direction, on the piano-forte, which, as all believed, had been brought to a point of perfection in tone and chord and symphony which could scarcely be improved upon. But, lo! within a month, "Letters Patent" have been taken out by a gentleman of this city, claiming an improvement, of which the Hon. Erastus Brooks, of the *New-York Daily Express*, says, under date of Wednesday, May 28th, 1862:

"Horatio Worcester, one of the most successful city piano manufacturers, has obtained Letters Patent for an improvement in the piano-forte, consisting of a hinged-plate made in two pieces, the stationary part being fastened to the instrument in the usual manner. The piece to which the strings are hitched is constructed separately, and has a link or opening in the base end, by which means it is suspended from an abutment on the fixed portion of the plate. Thus is formed a hinge or coupling on which the detached piece moves freely in connection with the strings while they are in operation, the effect of which is to communicate increased vibratory power throughout the whole extent of the sounding-board under the plate. This new principle has been successfully tested on several instruments. The increased vibration produces a singing quality of tone unusually powerful and agreeable. The inventor produces instruments of the rarest excellence, as can be seen and heard upon examination."

In reference to the same improvement, the *New-York Commercial Advertiser*, now in the sixty-eighth year of an honorable age, and of which all its *confrères* speak uniformly with consideration and respect, adds:

"SOMETHING NEW IN PIANOS.—Mr. H. Worcester, the well-known manufacturer of pianos, has just taken out a patent for a valuable improvement in pianos.

"This improvement consists in the use of a hinged-plate, which gives to the sounding-board a freedom similar to that found in the violin. The plate is made in two pieces, the stationary part being fastened to the instrument in the usual manner. The piece to which the strings are hitched is constructed separately, and has a link or opening in the base end, by which means it is suspended from an abutment on the fixed portion of the plate. Thus is formed a hinge or coupling upon which the detached piece moves freely in connection with the strings, while they are in operation, the effect of which is to communicate increased vibratory power throughout the whole extent of the sounding-board under the plate.

"The increased vibration obtained produces a singing quality of tone unusually powerful and agreeable, while for general volume, durability, evenness, and richness of tone, the inventor claims that these excel any piano-fortes that he has heretofore produced."

In other words, sweet as were the tones of the piano before, Worcester's improvement makes it

"A" (*lengthened*) "sweetness, long drawn out,"

reminding us of the man who, after draining his glass of the very last drop, exclaimed, with a most distressful sigh, "I wish——" and there stopped, and began to wring his hands.

"What do wish?" said a bystander, in a very impatient tone.

"I wish my neck was a mile longer; it was so good in going down."

MILK—ITS USES.

MILK is the natural and all-sufficient food of infancy, containing as it does all the elements of nutrition necessary for sustaining, repairing, and building up the new being; but as the little one gets the power to move its muscles, then crawl, and walk, and run, so much of the more solid portions of the body are worked out or used up by the friction of the complicated machinery, that milk alone can not supply the rapid wastes, and the instincts of the child call out in very decisive tones for more substantial aliment, and it greedily eats bread and meat. Nature herself weans the child from the all-absorbing love of milk, showing that it is the natural food only of infancy. The active and laborious, whether as to body or brain, soon find that they must have something more "solid" than milk.

Except in rare cases, milk as a chief or even large article of diet, is most pernicious to the sickly, the infirm, and the convalescent. And under any and all circumstances, it is necessary, when all its healthful and natural qualities are desired to be secured, as an aliment, that it should be drank while warm from its natural fountain; because, as soon as it loses its natural heat, it dies, it begins to decay, to decompose, unless, when milked, it is stirred well, until cooled, and then is put in a very cold place, or enveloped with ice, so that it shall neither freeze nor be warmer than fifty degrees. M. Flourens, a distinguished French physiologist, found in 1861, that if the animal mother is fed with madder, her own bones become tinged with its color, and also at length those of sucklings, although having no connection with the mother, except while at the breast. It would seem then that the body, the constitution of the suckling, is affected by what the parent eats and drinks. It therefore follows that the cow or other animal whose milk we use, should be healthy and should live on healthful food and in a *natural manner*! But a cow confined on ship-board, in the stable of a private citizen, or in the narrow stenchy stalls of the milkeries which supply cities, does not live a natural life, and can not by any possibility give natural, healthful milk; hence chemists and microscopists assure us, that when the milk of a confined cow is minutely examined, even immediately after milking, it exhibits globules of yellow matter, such as come from sores and ulcers. If this is true, it is a disgusting thought, and would seem to prove that no family ought to use milk, unless drawn from cows which roam in luxuriant pastures from one day's end to another, and that breathe a pure atmosphere winter and summer.

The infant feeds at the breast of its one mother; it would seem natural that when cow's milk is substituted, it should be from the same cow. It is reasonable to suppose, then, that bad milk is an agency of disease and death to multitudes, and especially of children in large cities; particularly in summer-time. Daniel E. Delavan, Esq., City Inspector of New-York, in his admirably arranged annual report shows, that of twenty-two thousand persons who died during 1861, three thousand three hundred were children under two years of age! Six thousand affectionate hearts lacerated beyond healing, for all time! It can not be known definitely what proportion of all this death and sorrow is traceable to bad milk, but that it is an important item can not be well disputed. Whatever it is, is avoidable simply by encouraging those milk-furnishing companies who, 1st, Deliver milk from cows fed in field and pasture. 2d. Who deliver milk daily to any one desiring it, from the same cow. 3d. Who cool the milk at the time it is drawn, and keep it cool until it is delivered at our doors for consumption. One company at least does this, *the Rockland County and New-Jersey Milk Association*, at 146 Tenth street, near Broadway, New-York, under the vigilant management of S. W. Canfield, Esq.

THE PLACELESS.

"THERE are fifty applicants for every vacancy, and no more will be received," was placarded on the Post-Office door on the inauguration of our new Postmaster the other day. In any large city there are a dozen applications; yes, a hundred! within half a day after the publication of any vacancy. On the incoming of a new governor or president, the "place" seekers are numbered by hundreds, thousands, and tens of thousands; and sometimes the "outside pressure" is so resistless, that the very highest officers in the government feel themselves obliged to favor persons who are strangers to them, in preference to men to whom they are under special and personal obligations, and whom they know to be fully qualified for all the duties of the station. Public men who have offices in their gift, often feel themselves compelled to bestow them on persons whom they know are not the best adapted to the position, as rewards for past political services, for present political influence, or for those conciliations of opposing parties which seem to them are indispensable to the situation of affairs. Yet opposed to these accepted applicants are men of integrity undoubted, of a refinement, of a culture, and of a once social position, which ought to guarantee success, brought to this suppliant attitude for "place" by sickness, by accident, by pecuniary revulsion, or by the perfidy of men, against which no human foresight could provide. Recently, a high name in this community, which five years ago wielded the wand of power in financial circles, was handed in for a "place" of trust and profit. Gray-headed and bald and bent, he craved the "influence" of influential men with hot tears; and after weeks and months of such debasement, and of agonizing suspenses, he failed of his object, the poor-house looking himself and helpless family full in the face. Young men and young women, within a week of this writing, have been driven into suicide, in New-York City, having vainly sought "places," until on the verge of starvation, and to escape it, took the rope and the poison. Why all this? Because they grew up without a positive occupation, without having been instructed in any handicraft. There's truth in Franklin's saying, that the "parent who brings up a son without a calling, teaches him to be a thief." Let that father then, who wishes to be assured that his son shall not languish in a penitentiary, or perish on a gallows, give that son a trade. Let the mother who desires to make it certain that the daughter she so much loves shall not pine away in some cheerless hospital, ay, some insane asylum, teach that daughter the perfect use of her needle, or better, the skillful handling of a sewing-machine; and more, how to keep a tidy house; how to prepare a comfortable meal; how to spread a well-appointed table—to do all these things with thoroughness. Such a young woman can never come to want; can never fail to find a well-paying place in this country. There are a thousand families in New-York any day, who would consider themselves "fortunate" in having such seamstresses, house-girls, nurses, and cooks, at twenty per cent higher wages than generally prevail. A good mechanic can always find work for his "victuals and clothes," with increasing wages as his fidelity and skill become known, and thus prevent that distressing sadness, that debasing cringing, that eating out all life's gladness, which wither the heart and waste away the health, until the friendly grave ends the torture.

CORN BREAD.

HAY, straw, fodder, etc., are what farriers call "roughness" to horses and cattle, as compared with a diet of oats or corn alone. Horses kept in the stable and fed on oats, soon become feverish and "bound," and unless relieved will die. Rough food, that is, hay and fodder, are the remedies. So coarse corn-meal made into bread, cakes, pies, pudding, etc., are the "roughness" as compared with eating the various preparations of fine flour. Many persons would be relieved of internal fevers, constipation, indigestion, and other similar ailments, if wheat-flour was discarded in whole, or at least in large part, and corn-bread with various corn-meal preparations were used instead, at every meal. It is generally thought that the corn-bread of the East is never so good as the corn-bread met with on Western tables. The chief reason perhaps is that in the East the corn is ground too fine, and there is something due to skill in baking. There are so many ways of cooking corn-meal, so many modes in which it can be served up on the table, that a person need not get tired of it for months in succession. Mrs. James O'Brien, of Carrick, Pennsylvania, makes her celebrated corn-bread thus: To two quarts of meal add one pint of bread-sponge; water sufficient to wet the whole; add half a pint of flour and a table-spoonful of salt; let it rise; then knead well for the second time, place the dough in the oven, and allow it to bake an hour and a half.

CORN GRIDDLE-CAKE.—Scald at night half the quantity of meal to be used; mix the other with cold water until it is a thick batter; add a little salt and set it to rise without yeast. This will make light, crisp cakes in the morning. The skimmings of boiled meat is the best to fry them with. Fry slowly.

CORN-MEAL PUDDING.—Cool one quart of mush with nearly as much new sweet milk, add five eggs, half a teacupful of sugar, one teacupful of flour, a little salt and quick yeast; bake one hour in moderately slow oven, and eat with sauce, or butter if no sugar is used.

CORN-MEAL PIES are made by Mary Williams, of Linn Co., Iowa, thus: Stir a small teacupful of very fine ground Indian meal into two quarts of boiling milk; when nearly cool add five beaten eggs, and sweeten to taste, like a custard, adding spice and orange-peel if desired. Bake with a crust like custard-pies.

OLD-FASHIONED HULLED CORN.—Shell a dozen ears of ripe, dry corn, put it in an iron kettle and cover with cold water; put in the corn a bag of two teacupfuls of fresh wood-ashes, and boil until the corn looks yellow and tastes strong of the alkali, then take out the bag and boil the corn in the lye over an hour, then pour off the lye, add fresh water and simmer until the corn swells. If the hulls do not then come off by stirring, turn off the water and rub them off with a towel; add more water and simmer for three or four hours, often stirring to keep it from burning; when it swells out and becomes soft and white, add salt to liking, and let all the water simmer away. Eat warm or cold with cream or milk. All these receipts require practice, skill, observation, and judgment. Mix two parts of new corn-meal with three parts of warm water, add one teaspoonful of salt, two teaspoonfuls of sugar, one large tablespoonful of hop-yeast; after rising five hours add three fourths of a pint of wheat-flour and half a pint of warm water; let it rise again for an hour and a half; pour it into a well-greased pan, let it rise a few minutes; let bake an hour and twenty minutes in a moderately hot oven.

CORN SWEET-CAKE.—Rub well together a teacupful of butter with two of sugar; five eggs, the whites beaten apart, one cup of sour milk, three of corn-meal, two of wheat-flour, half a nutmeg, with yeast enough to make it rise.

FAMILY INDIAN LOAF.—Two quarts scalding hot skim-milk, one tablespoonful salt, one quart corn-meal, stirred in by handfuls, two thirds pint of sifted rye-meal, stir thoroughly, then add one cup of cold milk, stirring smartly; after standing twelve minutes, bake five hours in a cast-iron basin, covered with another basin.

THE SABBATH REST.

No one muscle of the body, no one set of muscles can be continuously used, without an eventual paralysis, or total loss of power, until restored by rest. But if one class of muscles be employed for a time, then another, while the former is at rest, the two thus alternating may be kept in motion, without the slightest fatigue, for hours together. A child may even cry with the weariness from walking; but present him suddenly with a beautiful little wagon, and allow him to take hold of it and draw a companion over a smooth road, the offer will be accepted with alacrity, and the amusement will continue for a time equal to the walk, without any complaint of being tired; on the contrary, there will be a freshness of action, new and delightful. Many a traveler has rested himself from riding on horseback or in a carriage, by alighting and walking a mile or more; simply because a different combination of muscular action is brought into play; either a new set of muscles, or an action of the old ones in a different direction; all going to show that the muscular system, the whole body, will have rest, or must prematurely perish. Precisely alike is the law of the mind, whose faculties are various. A man who thinks intently upon a single subject becomes incapable at length of concentrating his thoughts upon that subject to advantage, and instinctively lays down his book, his model, or his pen, to take a walk. It is an observed fact, that a large number of professed students of prophecy become deranged; the world is full of monomaniacs, of persons who have so persistently thought of a single subject, that the mind has become permanently "unhinged" in regard to it. The attention of the French government has lately been drawn to the alarming fact, that "one in every ten of the scientific branches of the army finishes his course in a lunatic asylum, in consequence of the severe attention to mathematical training." The rector of the training-college of Glasgow says, from long and extensive observation, he "will undertake to teach a hundred children in three hours a day as much as they can possibly receive;" that is, when a child has been kept at study three hours, its brain becomes incapable of pursuing it further advantageously, until rested. These things show that unless mind and body both have rest, both will be destroyed; and to save both, Divine wisdom issued the precept, "in the beginning," "On the seventh day thou shalt rest." It was no arbitrary command; it was an injunction fraught with wisdom and benevolence; and in this sense was it that "the Sabbath was made for man;" made to save his body from premature wearing out, and his mind from fatuity, by diverting it for one seventh of the time from its ordinary studies and affections, and fixing it on a totally different class; taking it away from the wasting, wearing harassments and jarrings and anxieties of business, to employ it in the contemplation and worship of Divinity, to soothe, to elevate and sanctify; compelling us to exclaim in affectionate admiration, not only as to the laws of our physical, but as to those of our moral nature: "In loving-kindness hast thou made them all!" The observation of the laborer and the business-man will testify to the exhaustion which Saturday night always brings, and to the renewed alacrity with which business is hurried to on Monday mornings. The reflecting know that without the compulsory observance of the Sabbath-day, multitudes of helpless slaves, of defenseless apprentices, of dependent employés; the uncomplaining horse, and ox, and mule; would be driven to death! Who can deny after this, that the Bible Christianity is the poor man's friend? And yet how many malign that blessed book, and wage a relentless and life-long war against that religion!

D I E T I N G .

SOME persons eat themselves to death, others are dieted to death. When a man is sick he is weak, and concludes that as when he was well he ate heartily and was strong, if he now eats heartily, he will become strong again; well-meaning, but ignorant friends are of the same opinion, and their solicitations to eat become one of the greatest annoyances of a sensible invalid. Nature purposely takes away the appetite under such circumstances, and makes the very sight of food nauseating. A sick man is feeble; this feebleness extends to every muscle of the body, and the stomach being made up of a number of muscles, has its share of debility. It requires several hours of labor for the stomach to "work up" an ordinary meal; and to give it that amount of work to do when it is already in an exhausted condition, is like giving a man, worn out by a hard day's work, a task which shall keep him laboring half the night. Mothers are often much afraid that their daughters will hurt themselves by a little work, if they complain of not feeling very well; and yet if such daughters were to sit down to dinner and shovel in enough provender for an elephant or a plowman, it would be considered a good omen and the harbinger of convalescence. A reverse procedure would restore multitudes of ailing persons to permanent good health; namely, to eat very little for a few days; eat nothing but coarse bread and ripe fruits, and work about the house industriously; or what is better, exercise in the open air for the greater part of each day on horseback, in the garden, or walking through the woodlands or over the hills, for hours at a time. Objectless walks and lazy lolling in carriages are very little better than nothing. The effect of interested, absorbing exercise, is to work out of the system the diseased and surplus matter which poisons it; this relieves the stomach of the burdens imposed upon it, and allows it time to gain strength, so as more perfectly to convert the food eaten into well-made, pure, and life-giving blood. A weakly but faithful servant, in the effort to get through with a specified amount of work, may perform it all, but none of it is thoroughly done; whereas, if a moderate task had been assigned, all of it would have been well done; so a weak stomach, indicated by a poor appetite, may be able to convert a small amount of food into pure, invigorating blood; but if too much is eaten, the attempt to "get through it all" is made, blood is manufactured, but it is an imperfect blood, it is vitiated, and mixing with that already in the system, at every beat of the heart, the whole mass is corrupted, and "I am ailing all over" is the expressive description. In another set of cases there is a morbid appetite; the unhappy dyspeptic is always hungry; and finding that he feels best while eating, and for a brief space afterward, he is always eating and always dying. To hear him talk, you would imagine he could not possibly live long, and yet he does live and grows old in his miseries. Such may reasonably expect a cure. 1st. By eating very moderately at three specified times each day, and not an atom at any other; then in less than a fortnight sometimes these distressing cravings will cease. 2d. Spend a large portion of daylight in agreeable out-door activities.

WOMAN'S TRUE BEAUTY.

"I was glad to have it in my power to do any thing my husband wanted me to do," was the beautiful reply of a wife, long married, of wealth and position, when I asked her why, by over-taxing herself, she had induced great bodily suffering.

A man was terribly injured; a muslin bandage was essential to his safety; it was not at hand, and there was no time to run for it. A young woman present disappeared, and returned the next minute with the requisite article taken from her under-garment, and the poor soldier's life was saved.

On a bleak winter's night, a mere scrawl was handed in at the door, with a name known to fame; death was imminent. The patient was in a kind of out-house, back from the street. A solitary woman attended the unfortunate sufferer, silent, busy, anticipating every want, translating every gesture, almost before it was made. In the early morning, at noon, and in the dreary hours of darkness, she was always there; prompt, noiseless, vigilant, self-possessed. Day after day it was the same thing; and with all this, there was such a benignity in the whole demeanor, that I wanted to know her name and her relation to the patient, who had been abandoned by the dearest ties of humanity, and whose mental state was evidently as great a torture as that of the body. The tumultuous heavings of the mind and conscience were in sad unison with the ceaseless tossings of the emaciated frame, and the vain efforts of the restless, tearless eye to close itself in sleep. "I shall die if I don't sleep," was the constant, piteous exclamation! Lover and friend and daughter even kept sternly aloof from that miserable bed-side. She had heard of the hapless and abandoned sufferer, and for humanity's sake, supplied every want from her own purse, and continued so to do, for weeks and weary months, until death brought relief from the fearful combination of human sufferings. To do so much and for so long a time; to administer tireless personal attentions, and unstinted pecuniary aid to one so abandoned, without hope or possibility of reward, was the work of that angel of goodness, who has written so much and so sweetly in prose and verse—ALICE CAREY.

"My dear wife, I am hopelessly bankrupt," said a merchant when he entered his fine mansion, at the close of a day, all fruitless in his endeavor to save himself when men were crashing around him in every direction. "Tell me the particulars, dearest," said his wife calmly. On hearing them and his wants to save him, "Is that all?" and absenting herself a moment, returned with a book, from between the leaves of which she took out bank-note after bank-note, until enough was counted to fully meet all her husband's requirements. "This," said she, in reply to his mingled look of admiration and astonishment, "is what I have saved, for such a possible day as this, from your princely allowance for dressing myself, since we were married."

If every mother made it her ambition to mold her daughters' hearts in forms like these, who shall deny that many a suicide would be prevented; that many a noble-hearted man would be saved from a life of abandonment or a drunkard's dreadful death, and many families prevented being thrown upon society in destitution and helplessness, to furnish inmates for the jail, the poor-house, the asylum, and the hospital?

DEATH OF DEBT.

"THIS is the happiest day I have had in twenty years! I feel free," said one of the greatest ornaments of the Supreme Court of the United States, to his sunny-faced child.

"What makes you feel so happy, papa?" asked the little girl.

"I am out of debt! I have paid the last dollar I owed in the world, and have been laboring with all my might for twenty years to work myself out of the miserable slavery."

On the first day of April, 1862, Mrs. F——, of S——, was awakened by a tap at the door early in the morning, her husband being in the army. She spoke a word to one of her children, and was a corpse! She thought it was the landlord come for his rent, and knowing she had not a dollar in the house, expected to be turned into the street.

The spacious halls of that fine mansion in a fashionable street in Boston, were lighted up for a gay party. The wife and two daughters had sent out their cards of invitation, and a joyous reünion of friends was anticipated. Already had they begun to assemble. At that very moment, the husband and father, having murdered his inexorable creditor, was burning to ashes the dead body of the unfortunate Parkman. It was not meant to intimate that debt would die; that the happy time would ever arrive when pecuniary obligation would become extinct; but that debt brought death, literal death, sometimes, and sometimes, what is far worse, an infinitely greater misfortune. Debt blunts and blights the finest sensibilities of our nature; it eats out the sweetest domestic affections; it blasts the moral character; it robs us of our manliness, and where there was once all that was noble, truthful, high-minded, there is nothing left but the charred waste of debased manhood, of contemptible prevarications, and mean concealments. The Demon of Debt! how it withers and wilts the beautiful flowers of conjugal love, of parental affection, and the holier emotions that belong to the Infinite One! How it poisons every gladness, robs every smile of its beauty, cuts up by the root every glorious quality of our nature, and makes of him who might have been a man, a poor, fawning, faltering, cringing wretch, waiting the creditor's utterances with the fears of a slave, with the trembling of a culprit; the fire has no warmth, the food no taste, the flower no beauty, the air no life, the sky no sun; the brain perceives nothing, the eye sees nothing, the heart feels nothing but the chill damps of the specter Debt, in the person of the creditor, that so looms up in the daytime as to shut out all the blue sky of life, and in the hours of sleep, sits like a horrid nightmare, with the weight of Pelion on Olympus piled. With these before him, who but an idiot could be induced to incur an indebtedness which there was not ample means on hand to satisfy, if necessary, within the hour?

LAW OF LOVE.

SAID an old man one day: "When I look back over the long pilgrimage of an eventful and not unsuccessful life, I can confidently say that I never did a kindness to any human being without finding myself the happier for it afterward. A single friendly act, cheerfully, pleasantly, and promptly done to a fellow-creature in trouble or difficulty, besides the good to him, has before now thrown a streak of sunshine into my heart for the remainder of the day, which I would not have taken a twenty-dollar bank-note for."

If such acts of thoughtfulness and consideration and humane sympathy were performed as we "have opportunity," the same "streak of sunshine," the same lightening up of the load of life would come to both giver and receiver, until after a while there would be sunshine all the time within us and without, dispersing physical as well as moral miasms, purifying the social and domestic atmosphere, warming the heart to still higher sympathies, and waking up the whole man to those activities which can never fail to preserve, maintain, and perpetuate mental, moral, and physical health, to a serene old age. These things are to be done at home and abroad, at the family table, the fireside, in the street, on the highway, in town, in country, by day and by night, always and every where, kindly and cheerily, whenever there is "opportunity;" to be done to the old and the young, to the rich and the poor, to the sick and the well, to the successful and the unfortunate, to stranger and acquaintance, to man and woman, enemy and friend, to every body and to every thing that breathes the breath of life. These sunlight-giving kindnesses can be done in multitudes of cases by a word, a smile, a look. And these cost so little, why should they not be thrown broadcast over the whole surface of humanity, in princely profusion, blessing as they do the giver as well as receiver, giving gladness to both, and a quiet peace which gold could never purchase, which diamonds of the purest water and gems of richest hue could not secure for the briefest hour? Men, women, children, all, wake up from this good hour, and make the "law of love" to all of human kind the pole-star of life, the work, the pleasure of your human existence; and in that triumphant hour when you shall be called to close your eyes on all things earthly, and open them on the realities of an eternal existence, the first sound that shall fall upon your delighted ear from the heavenly shore, will come from the King in his beauty, when he shall say: "Ye did it unto me. Well done!"

SOLDIERS REMEMBERED

If you write to a soldier, friend, or relative in the army, using a common envelope and a sheet of foolscap-paper, you may also add, without exceeding the weight for which a three-cent postage-stamp will pay, as much tea as a teaspoon will take up twice, or as much black or cayenne pepper, such as is obtained from a good drug-store under the name of "Capsicum," as you can take up at once with a common teaspoon, and the smaller envelope of thin paper to hold either. Chewing the tea, a pinch at a time, every hour or half-hour, while keeping guard, or under circumstances of great thirst, or of excessive weariness or sleepiness, will enliven, will modify thirst, will invigorate, or will waken up to a grateful extent, considering the amount of tea used, and its perfect safety from ulterior ill results, such as follow the use of alcoholic drinks. But a heaping teaspoonful of genuine "Capsicum" is worth ten-fold its weight of tea-leaves, especially in summer, in many ways; for example, a single quarter of a pinch will save a man's life—that quarter of a pinch being put in a sleepy sentinel's eye. If it don't waken him up, and every body else within an Indian yell's distance, then it is not a prime article of capsicum. A single pinch in a glass of flat or warmish water will nullify these qualities, and besides satisfying thirst, will invigorate and effectually prevent that uncomfortable sensation arising from having drank largely of water. A good pinch, eaten at each meal, or whenever a cup of coffee or tea or water is swallowed, will always invigorate digestion, aids to prevent acidity, and is, besides, a great antagonist of the diarrhea, dysentery, flux, and "looseness," which are the great scourges of all armies. A level teaspoon of capsicum daily, taken in eating or drinking, or both, or if taken a pinch at a time during the day or night, would do more real good, and that without any ill result, than ten times the cost in rum and quinine, as a preventive against chills and fevers. Liquor and quinine initiate the soldier into intemperate habits; they will wake up a love, a craving, a slavery to strong drink, which pepper and water will never do. The latter invigorates like food, the former merely excites, then leaves weaker than before. A pinch of capsicum, which is simply pure cayenne pepper, will do a great deal more toward warming up a soldier, toward invigorating him, toward keeping him vigilant on guard, and toward modifying thirst or fatigue, than the best glass of grog ever swallowed. Capsicum goes farther, and is more efficient for all purposes, than black pepper; if by express or privately, send half a pound at a time, in a tin box. If you have nothing else to send in your letters, send a few pins, or a needle and some thread. Many have seen the time when a string or a pin would have been worth ten times its ordinary value. Write often to the soldier. Write long letters. Give all the news you can think of. Let every line be full of love; of kind, affectionate interest and encouragement. Be sure to inculcate a generous magnanimity toward those who oppose, *so as to have as few obstacles as possible to a cordial coming together again*, when that good time comes, as it certainly will, before long. We are all brethren, presently estranged, sons of the same sires, and, taking an enlarged view, the aggregate character is pretty well balanced.

PIANO-FORTE.

H. WORCESTER offers for sale a large assortment of choice PIANO-FORTES, 6, 6½, 7, and 7½ octaves, in elegant rosewood cases — prices, from \$225 to \$700—all of which are manufactured under his own supervision, and are for sale on reasonable terms, in Fourteenth street, corner Third avenue, New-York.

By devoting his personal attention to the touch and tone of his instruments, which have hitherto been considered unrivaled, he will endeavor to maintain their previous reputation, and respectfully solicits an examination from the profession, amateurs, and the public.

"There is one of these charming instruments near us, made by WORCESTER, which, for its power of action, for the richness, clearness, and SWEETNESS of its tone, is the more remarkable from the fact of its having been in use TWELVE YEARS. This manufactory well maintains its old reputation for the DURABILITY of its instruments. Being intended for *use* rather than for mere show, they are made in the most SUBSTANTIAL MANNER; and, for this reason, we specially command them to our Western and Southern readers. The extra time and labor expended on many pianos, to make them sell well, is put upon WORCESTER'S instruments to render them MORE LASTING, and to defer the necessity of repairs for a longer period. The frailty with which many instruments for Southern use are made, and the unskillfulness of most persons at a distance from large cities, who profess to repair and tune them, very often, as families know by experience, soon render them almost unfit for use. For these reasons, the WORCESTER piano is not only afforded at LESS COST now, but is subject to LESS RISK and expenditure hereafter, in keeping it in tune."—*April Journal of Health*.

"We have, in many ways, and at many times, expressed our opinion strongly in praise of American mechanical art; and a recent visit to the extensive piano manufactory of HORATIO WORCESTER, has strengthened that opinion; and we are well convinced that in the construction of these beautiful instruments, we Americans are rivaling, if not excelling, Europeans. The Philharmonic Society, the most scientific musical association in this country, use WORCESTER'S pianos at their grand concerts. We have had one in constant use for the last fourteen years, and find no diminution in clearness or sweetness of tone. They are said to stand every climate, and are daily being exported to the West-Indies, Canada, the far West, and South. The factory has been newly fitted up in the neatest manner, and ladies visiting it will find every facility for making their selections."—*Hon. Erastus Brooks, in New-York Express*.

"WORCESTER'S instruments, for perfection of finish and beauty of tone, seem to us unsurpassed. He has lately introduced an improvement, in respect to the sounding-board, that may make a mark upon the future of the piano manufacture. They who wish to see it in operation will find a kind and courteous reception at the rooms in Fourteenth street. Mr. WORCESTER has the latest improvements in his art, and his instruments are of the newest and best make; yet, in one respect, he is a very old-fashioned man, for he speaks the truth after the ancient way of our fathers, and if any friends should send him an order by mail, they may rely upon it that it will be executed promptly and faithfully, at the fairest market rates."—*Christian Inquirer*.

"Why WORCESTER'S instruments maintain their acknowledged superiority, was lately explained by one of the very best piano workmen in the city, not in Mr. WORCESTER'S employ. 'There is no shop known to me where such extraordinary pains are taken to make every part of the instrument as perfect as possible, as in the old and extensive establishment of HORATIO WORCESTER.'"—*New-York Journal*.

HALL'S JOURNAL OF HEALTH.

Vol. IX.]

AUGUST.

[No. 8.

TEMPERATURE OF CHAMBERS.

Human life would be prolonged, and an incalculable amount of disease prevented, if a little fire were kept burning on the hearth during the night, winter and summer, if the doors and windows are kept closed. One great advantage would be, that a constant draft would be kept through the room, fireplace, and chimney, making a great degree of atmospherical vitiation impossible. There is a baleful error in the popular mind as to the nature and effects of pure air, warm air, and cold air. Warm air may be as pure as that of the poles; and although cold air is almost a synonym of pure air, and although it is healthful to breathe a cold air asleep or awake, yet the breathing of cold air is healthful only to a certain extent. It is not true that because it is healthful to sleep in a cool room, it is more healthful to sleep in a very cold room, not only because, as has been previously stated, carbonic acid becomes heavy under a great cold, and falls from the ceiling to the floor and bed of the sleeper, but because also a great degree of cold in a room where one is sleeping is very certain to cause dangerous and even fatal forms of congestion in the brain and lungs. The same ailments result from keeping sitting or sleeping apartments overheated. In midwinter, the heat of a sitting-room should not exceed sixty degrees of Fahrenheit, five feet above the floor. In the chambers of the sick in French hospitals, the directors are careful that there shall not be a greater heat than sixty degrees or about fifteen centigrade. The temperature of a sleeping apartment for invalids and for children in health should range about fifty degrees in cold weather, and not run lower than thirty-five; there is no advantage in sleeping in a colder atmosphere. Five hundred cubic inches of pure air should be delivered to invalids and sleepers every hour, as is the custom in the best-regulated French hospitals.

NERVOUSNESS, DEBILITIES, ETC.

The nervous fluid is manufactured from the blood; the nerves themselves are nourished and repaired by the blood. The whole nervous system may become diseased in three ways: first, by sudden shocks; second, by excessive action; third, by an unnatural condition of the blood for a long time. That mental shocks, as from fear, or bad news, may prostrate the nervous system, destroy the mind, and life itself, needs no argument. That hard work, insufficient sleep, too great a press of business, or too much time spent in study, with errors in eating and neglect of exercise, may impair the nervous system, by calling the nervous fluid into action or use, before it is fully "ripe" or matured, is an often observed fact. The remedy, and the only remedy for these is, an avoidance of their causes; and it is as useless to look for relief in medicines, while the causes are in operation, as to prevent the finger from burning as long as it is in the fire. The cure in the latter case must begin with taking it out of the fire. If there is excessive use of any part of the nervous system, whether of the thinking portions or of the propensities, the remedy is rest; non-indulgence in the first place, and then exercising the thoughts and propensities in another direction, to the extent, if possible, of an almost entire forgetfulness of previous studies and appetites. If, for example, a man has studied himself into a diseased condition; if he has had such weighty responsibilities resting on him, that the draft upon his brain is such that he can not get sufficient sleep, and he either becomes deranged or is on his way to the grave by nervous prostration, there is no more safe and certain means of perfect relief, than that of sending out the nervous influence, or "stores," or accumulations, in a different direction—that, for example, of absorbing and pleasurably interesting out-door activities. For the nervous fluids are constantly being generated, as steam in a locomotive, when the fire is kept burning; and if that steam is not expending itself on the driving mechanism, it must be let out upon the air. Destruction is inevitable, unless it finds vent

somewhere. Hence the process of cure for all those nervous maladies which arise from over-use, is not merely a cessation of such uses, which is rest, but an employment of the influences in a different direction ; because, without such employment, there is no perfect rest, as from mere force of habit these influences will go out through the accustomed channels. To prevent a country from being devastated by a rising river, not only must a dam be built, but an outlet must be opened in another direction.

A Russian nobleman, childless, was banished to Siberia. His wife was permitted to share his toils and privations. They were compelled to live on the plainest fare, to live in a miserable hut, and work hard every day. At the end of fifteen years, they had a house full of healthy children. In this case, the power of reproduction was lost through those excessive indulgences which are inseparable from a life of idleness and voluptuous ease. Hard-working peoples are the most prolific, as witness the Israelites in the laborious service of Pharaoh. In a recent census taken in one of the towns of Massachusetts, it appeared that although the foreign population was less than the native, a smaller number of Irish families gave more births in one year than a larger number of American. An Irishman does more hard work than an American. Idleness predisposes to an excessive indulgence of the propensities, and this very indulgence increases the desires ; thus being over-used, they become powerless, inefficient ; that upon which they thus feed inordinately, destroys them. A state of labor is the natural habitual state of man ; animal indulgences, incidental, occasional ; and in proportion as this law is reversed, in such proportion does it tend to the extinction of the race.

The object of this extended statement, is to impress on the mind that the natural, safe, and efficient means of correcting all nervous derangements, is to give more rest to the parts deranged or disturbed, and so to change the modes of life as to send out the nervous power constantly being generated in the system, through other channels, thus giving those which are overworked time for recuperation. It would be the same if a man were dying with excessive physical

exertion. Let the body rest, and give him something to engage his thoughts pleasantly ; send the nervous system out of the body, through the brain.

Next to over-indulgences as a cause of nervous disturbances, is an imperfect assimilation of food, that is, indigestion, known as dyspepsia, which is the failure of the stomach and other parts of the digestive apparatus to convert the food into perfect, that is, health-giving blood ; for if the blood is imperfect in quality, the nervous influence which is made out of that blood must also be imperfect, not of a suitable character, hence does not manifest itself naturally, fails to effect the objects intended by nature. When a man is dyspeptic, that portion of the nervous fluid which is sent to the brain is not of a proper quality ; and whatever part of the brain is in the habit of greater exercise, is more particularly disturbed, because more of the imperfect blood, or more of the imperfect nervous fluid is sent there. Suppose the moral organs, at the top of the head, are most constantly exercised, as in the case of a clergyman, his teachings will diverge from the right line, will be unfaithfully lax, or morbidly rigid, painfully exact, unsympathizing, vituperative, dealing in epithets and invectives, with not a tithe of the forbearances which characterized the Master. If he be more of a theorizer, more purely intellectual or imaginative, his discourses will tend to what is airy, impractical, and absurd. If he be "domestic," a great lover of his wife and children, devoted to their welfare, the effect of bad blood on this part of the brain is to revolutionize this sentiment, and he becomes insufferably cross, complaining of the very things done for his comfort and welfare, overrunning with a multitude of utterly groundless suspicions, imagining slights and inattentions where they were never intended, and perverting every thing said and done. If such a person, or exceedingly affectionate parent, or other relative, becomes actually deranged, the life of the child is sought, or of the kindred most loved. It is thus that mothers are not unfrequently known to murder their own children, the infants of their bosom.

If a man loves to eat over-much, the imperfect, the

bad blood excites the stomach to inordinate appetites. The man is never satisfied; he is always eating, always hungry, can not wait for his meals with any kind of comfort or patience—hence eats whenever he is hungry, giving the stomach no time for rest; thus it is over-worked, and the main difficulty is increased.

The practical view to be taken of nervous affections in general, is, that they are an effect; and whether it be called neuralgia, nervous debility, nervous prostration, or any other name, and in whatever part of the body it is located, the immediate cause is in the condition of the blood, for it is upon the blood the nerves feed, it is by the blood they are nourished, and from it they derive all their power. If the blood is not supplied in sufficient quantity, inanition is the result, a general prostration; if the blood is too rich, there is abnormal action; if the blood is impure or imperfect, there is nervous irritability; the mind is fretful, peevish, unstable, the body is weak, restless, and invigorated; if the blood is over-abundant, there are aches and pains, neuralgias, which are literally "nerve-aches," in any and every part of the system. There is beside these, a nervous debility, which arises from the part being exercised beyond the strength given by the natural amount of healthful blood sent to it, and that part becomes exhausted temporarily; if rested, it returns to its natural condition; if called into excessive action soon again, rest will enable it to regain its usual strength; but that rest must be longer, each succeeding exhaustion requiring more time for recuperation, until, eventually, the power of recuperation is lost. This is destructive excess, not only to the part itself, but to the whole system, because the malady spreads as naturally and as certainly as the fire in a burning building, and ceases not until the ruin is complete. If the brain is exercised too intensely, whether in perplexing study, in incessant anxieties, or in the vortex of business, it soon begins at length to lose its elasticity, its power of concentration, its continuity of thought, and the mind goes out in darkness, the body in death, or both body and mind together wilt and wither away. But even this

condition of things is found in an unnatural state of the blood, brought about by the brain consuming more than its share of the nervous supplies; hence the stomach and other portions of the digestive apparatus have less than their share, perform their duties imperfectly, and make an imperfect blood, bringing us again to the point arrived at before, to wit, that in the cure of all nervous difficulties, rest to the parts is the first essential; the absolutely indispensable step; the next is to supply the parts with a better quality of blood, a blood which is perfect, pure, and abundant. Nothing can purify the blood without pure air; nothing can make it perfect and life-giving but muscular exercise, sufficient, yet not excessive, not exhausting, the whole expressed in three words, "MODERATE OUT-DOOR ACTIVITIES," always safe, always permanently efficient, and will always cure, if cure is possible.

In addition to these, and without which the others can not be expected to be efficient, the nervous influences must be sent out of the body through another set of channels; must be expended in physical exercises, steady, hard, remunerative work, calling into requisition, the while, all that force of will which can possibly be brought to bear in compelling the mind into a different channel.

The proof of the truthfulness of the principle presented may be easily demonstrated in any half-hour. Move the arm up and down continuously, until motion becomes painful or impossible; then running can be done as vigorously as if the arm had not been moved so. After running for some time, and resting the arm, it recovers its entire strength. It is precisely so with every other muscle or set of muscles in the system, its glands or manufactories. A man may think until the brain seems scarcely to work at all, yet he can go out and work as hard as before he began to think, and after a while can go to his study and think to advantage again.

To administer medicines to stimulate any power into wonted activity, is only the stimulus of the lash to an exhausted donkey; it either kills outright, or induces an unnatural effort, which can only be exerted temporarily, with the certain effect of falling

into greater exhaustions. Precisely so is it with the tonics and other remedies more powerful and more destructive, when employed to "invigorate." As proof, the universal testimony is, "It seemed to do good for a while." The recognition of this simple truth would prevent the blasting of many a fond hope, would save many a dollar to those who can ill afford its expenditure, would prevent the robbery of many a till, would save his integrity to many a (heretofore) noble-minded youth. Ignorance of that principle has allowed multitudes to precipitate themselves into wrong-doing, and into vices which have ultimated in ruin to body, soul, and estate.

VARIETIES.

COOL off slowly after all forms of exercise by avoiding drafts of air, or sitting at an open door or window.

THAT excellent and most reliable paper, the *Scientific American*, of New-York City, \$2 a year, advises the ladies, when they wish to wash fine and elegant colors, to boil some bran in rain-water, and use the liquid cold. Nothing, it is said, can equal it for cleaning cloth and for revivifying effects upon colors.

FORCING FOOD, that is, eating when you are not hungry, is a wicked waste, is fighting against nature, and puts you below the level of a brute, for brutes never go against their instincts.

A SMALL pinch of gunpowder given to a chicken with the gapes, will effect a cure in from one to three hours' time, and leave poor chick healthy.

ICE-WATER in summer is a great enemy to the teeth, an impairer of digestion and a promoter of dyspepsia, although it is comfortable to take when very thirsty.

POTATOES, the finest, mealiest, and most healthful, will sink in very salt water; the soft and waxy swim.

THE editor of the *New-York Observer*, an amateur and practical fruit-grower, declares in the most positive terms that "Two applications of whale-oil soap-mixture in a dry season (or more, if rainy) will protect the fruit from the *Curculio*." We presume the ingredients should be in a proportion to make it of a consistence which will admit of sprinkling or syringing.

FRUITS are healthful. A lady in Gainstown bought eight acres of worn-out stony land at forty dollars an acre, and set it out in an orchard at an expense of two hundred dollars. She cropped it every year, cleared two hundred dollars a year, and at the end of six years after the purchase refused twenty-five hundred dollars for the field.

E. LAKE, of Topsfield, Mass., gathered from one acre, of Baldwin russet apples two hundred barrels, at four dollars, besides one and a half tons of marrow-squashes and one hundred heads of cabbages, one of which weighed twenty-seven pounds.

To protect trees from rabbits, mice, etc., rub the bark from the ground to the height of eighteen inches with blood or raw, bloody meat, (fresh liver is best,) late in the fall.

A WELL-BRED family is kind, polite, and cheerful, at meal time, in every word, gesture, and look. The brutal, the low-born, and inherently vicious scarcely fail once in a week to sit down with a complaint, a growl, or a contemptible whine. Even a pig wags its tail in satisfaction while its nose is in the slop-trough. It is left to human brutes alone to eat in thankless, ungracious fault-finding.

LAWNS must be swept frequently, and mown once a week until July, and gradually less often until October. Now, ladies can mow lawns themselves, for Boyd's Brush Lawn-Mower is made small enough for a lady to guide or draw, and no scythe can equal the machine-work, for the grass is cut as even as velvet; but it must be done regularly, and not be allowed to get ahead.

DEBTOR AND CREDITOR.

IMMEASURABLE is the mortification of an honorable mind at the inability to pay a just debt. Deeper still does the heart writhe, when it is known that the creditor greatly needs the money, and is even suffering for the want of it; and yet there is a deeper depth of mental torture in the cognizance of the fact that this same suffering creditor, with a generosity not unknown among the high-minded, does not press his claim, under the conviction that all will be done that can be done to liquidate the obligation.

Many a hard-working, frugal, self-denying man has spent more time, and had more trouble, in collecting a debt, than were involved in earning the original amount. There is perhaps not one reader in a hundred who has reached man's estate, whose heart has not before now sunk within him at the announcement that what was due him could not be paid. That health has been ruined, and life lost, under the wearing harassment of inability to pay; and that other lives have been sacrificed, and other hearts broken, under the crushing disappointment of not receiving expected dues, needs no array of facts and dates and persons to prove at this time. Let the reader turn again to the article on "The Death of Debt," in the last number; and further back still, about the incidents of the "Laced Veil," and with the following most suggestive narrative, by that familiar and loved and honored name, Mrs. Caroline A. Soule in the *Ladies' Repository*: in the light of these, it is urged, in all the sincerity and earnestness of our nature, as a means of adding largely to our own happiness, and that of neighbors and friends with whom we have had business associations, to make a beginning this very hour, and pay every debt possible with what money there may be on hand; and the moment other sums come in, go and pay them out, without waiting for the creditor to come, and thus nobly and heroically continue to do, until every debt is wiped out, and thus once more be "free indeed," to enter the miserable thralldom no more again forever! And be assured that it will end in a peace of mind which is perfectly luscious to think of; which will impart largely of health-giving influences to the whole or-

ganization, lengthening our existence, and preparing us for a happy and peaceful end.

"How I wish father was here now," and Mrs. Smith looked complacently at the pan of cream-biscuits she had just drawn from the oven. "I've had such good luck with these, and he's so fond of them, too. Run, Jimmie; run down to the gate, child, and see if he isn't coming. I do hate, of all things, to have cream-biscuit wait, and these are so nice;" and she turned them from the dripping-pan on to a side-table, and broke them up.

They did indeed look tempting, so light and white, with such a delicate shade of amber-brown on their crusts. When the last one was piled on the plate, a most appetizing odor diffused itself over the old farm-kitchen—an odor that would have made a dyspeptic sigh as he broke in halves his hard brown crackers. Covering them with a towel, fresh from the drawer, she set them on the tea-table, and then resting a hand on each hip, surveyed it carefully, to see if all was there.

It was a genuine old-fashioned Yankee tea-table, such a one as makes our mouth water only to remember, with a homespun linen cloth, snowy as drifted flakes, and yet in its Sunday creases; with a quaint mulberry-colored tea-set; tiny silver spoons, that had grown thin with the handling of three generations, and horn-handled knives and forks, scoured to a mirror-brightness. Cream from the morning milk floated in the little pitcher; pure maple-sugar filled the bowl; a pat of butter, golden as the wheat-sheaf that was stamped upon it, was flanked on the one side by a ball of new Dutch-cheese, and on the other by a plate of pickles, green and crisp as though fresh from the vines; a quart-bowl, just beside the biscuits, held circular slices of beets, tinging the vinegar with the crimson-purple of claret wine; opposite was another, with cider apple-sauce, each great mellow quarter, mellow to the heart, yet perfect in shape, while the four corners of the table bore proudly the pies and cakes; pumpkin-pie, ruddy as the old brick-oven in which it had been baked; apple-pie, with upper-crust that dropped into flakes as you cut it; cookies, with caraway-seeds in them for flavoring; and doughnuts, brown as a berry on the outside, and creamy-white in their centers.

"Yes, I believe I've got all; now, if he would only come!" and she turned to the fire-place, and lifted the tea-kettle from the hook, and set it on a warm corner of the ample hearth.

"He's coming, mother; he's 'most here;" and nearly out of breath, Jimmy bounded into the kitchen, "and I guess he's got the money too, for he looks ever so glad. Won't you be glad, too, mother?"

"Yes, indeed, child, the dear knows I will; but run, now, and wash your face and hands, and call Susan to set the chairs up. I'll make the tea in a hurry."

"Supper all ready! Well, I'm glad of it; for I tell you what, mother, I'm hungry as a bear;" and the broad-chested, sturdy, sunburnt, yet genial-looking farmer, drew off his overcoat, and pulled off his cap, and handed them to his wife, and then run his fingers back and forth through the blaze that went up the chimney, rubbing them briskly the while.

"It's chilly riding, and I shouldn't wonder if we had a frost to-night. Did the children gather in all the pumpkins to-day?"

"Pretty much, father. All that's fit to cook ——"

"Some great bouncers, too," interrupted Jimmie; "it was all Sue and I could do to roll them."

"You'd better throw some old blankets over them to-night, mother. I don't want 'em brought in, as long as I can help it, for every day's sunning helps sweeten 'em. My old mother used to say it saved half the molasses to let 'em sun a fortnight."

"And so it does, father, but come, sit down now."

"Don't look much like hard times here, mother;" and Mr. Smith set down the cup of fragrant tea his wife had handed him, broke open the biscuit he had helped himself to, and spread the halves with a generous allowance of butter. "Not much like hard times;" and he deposited a brimming spoonful of apple-sauce on his plate, and dipped his fork into the bowl of beets. "We've thought we knew something about 'em; but I tell you, mother, we've got to fare slimmer than this before we feel 'em to speak of. If you just could only have set down to the table I did to-day noon, I reckon—well, I reckon you'd a-choked up, mother. You see, I met cousin Sam Jones in the street, just as I was going down to the tavern to get a dinner, and nothing would do, but I must go home with him. I didn't want to a bit, for I knew they must be short about these times; but he wouldn't take no for an answer, and so I went. I was sorry enough, though, when I saw Sary Ann, for she looked so frustrated; but she shook hands with me as warm as ever, and said she was glad to see me, though if she'd known I was coming, she'd a-ried and tossed up something a little better. Well, we set down to the table; but dear me, mother, I could have eat every mouthful of it myself, and then had room for a decent dinner."

"What *did* they have, father?"

"Have, mother; why, they had a piece of steak, just about as big as my hand. I don't believe there was over a pound and a half of it, and about a dozen little crazy potatoes, not one of

them a bit larger than my thumb, a slice of butter about as thick as one of those cookies, and just about as big round, and a small loaf of baker's bread, that had about as much substance to it as a soap-bubble, and a pitcher of water."

"No pie or pudding, father?"

"Not the first mouthful, mother. I tell you, I didn't eat much; told 'em I wasn't very hungry, for I'd been lunching on doughnuts all along the road. 'O dear!' says little Moll, 'I wish we could have doughnuts. We haven't had any for ever so long. Why don't you make some, ma?' Sally Ann, she colored up, and says, kindly, softly: 'Hush, Molly; you know the times are too hard for father to buy lard to bile 'em in.' Well, that kinder started 'em; and sich a story as they had to tell, mother! Dear me, but it made my heart ache only to hear it. His wages have been cut down half, and he can't always get that when it is due, and sometimes they don't for days have any thing to eat but hasty-pudding and molasses, and sometimes they even have to go without the molasses. Sally Ann said she hadn't had a bit of tea or sugar for two months, nor an egg, nor a pie or a cake. I'll tell you what I did: I just went right down to the wagon, and got that basket of doughnuts—I hadn't eat 'em half up—and carried 'em to the children. Mercy, but how they did pounce on 'em! I couldn't think of any thing but a half-starved cat coming across a stray mouse, they grabbed 'em so. And such a shout as they gave when they saw the slice of cheese! Sally Ann said it was more than a year since she had tasted a bit."

"Dear, but how funny—not to have cheese in the house all the time. Why, I reckon we've got forty now, up in the cheese-room."

"Twenty, Jimmie, twenty; don't you stretch things so. I do wish I'd known it, father, before you started. I'd sent her one, and a roll of butter, and a load of vegetables. You might have carried 'em just as well as not, if we'd only thought of it; but I never supposed folks—decent kind of folks, I mean, such as they are—ever had to do without such things."

"Nor I either, mother, and it set me to thinking, as I was coming home; and I believe you and I have often done rich people wrong, when we've called 'em stingy because they didn't divide with the poor around 'em. I don't believe it's stinginess a quarter of the time. It's because they don't think. They've so much of every thing themselves, they don't realize how others do live. Sally Ann and Sam might have thought we were stingy to-day, because I didn't bring 'em in a load of one thing and another from our farm; I say they might, if they didn't know just what we really are. But you and I know that

wasn't the reason. But never mind ; I shall go down again in two or three weeks, and I reckon I'll make the springs bend some with the load I'll carry 'em then. I'll put in a good lot of potatoes and turnips, and sich small trash, and half a dozen good-sized pumpkins, and four or five bushels of apples, and ——"

"And I'll send him some of my nuts," cried Jimmie, "a great bag of nuts, all mixed up, walnuts and butternuts and chestnuts. I reckon they'll make little Moll open her eyes."

"And I'll send cousin Sally two of my chickens ;" and little Sue's eyes sparkled, and dimples danced all over her sunny face.

"And I'll put in a roll of butter and a cheese and a ten-quart pail of apple-sauce, and I'll bake one of my biggest loaves of bread for her ; I reckon home-made bread, wet up with new milk, will be quite a treat to them."

"And mother, put in some doughnuts and cookies," cried Jimmie.

"And O mother ! make her a nice loaf-cake, with raisins in it and sugar on the top—white sugar, I mean."

"Yes, yes, Susan, and I'll send her a couple of gallons of new milk, and a quart or so of sour cream, to mix up a few biscuits. I don't suppose she's had a cream-biscuit these two years. Dear me ; but I don't know how city folks do live so from hand to mouth. I reckon Sally Ann is sorry enough now she ever persuaded Sam to go there to live. To be sure, he wasn't making much at his trade here, but then their rent was only a trifle ; and their garden kept them in vegetables the year round, and they had a cow and could make their own butter, and once in a while change milk with a neighbor, and make a cheese or two, and they could fatten a couple of pigs every year, and keep hens and have fresh eggs, and raise all the fruit they needed but winter apples. Their currant-bushes were doing so when they left, while their cherry-trees almost broke down, and their plums and peaches would have borne in a year or two, a plenty. And now, they don't have any thing but what they buy. It's too bad. I wouldn't stand it."

"Nor I either, mother. This putting one's hand in his pocket, every time he wants a bite, an't just the thing, according to my notions. Sam tried hard to have me go when he did. But I gave him a right flat *no*. Says I, Sam, may be I won't make as much money as you, but I'll live a deal sight better. Poor fellow, I wonder how he'd feel to happen in jist now, and set his eyes on this table. And yet we don't think this is any thing extra ; at least nothing but the biscuits." And swallowing the last bit of the fifth one, he reached out his plate for a piece of the pumpkin pie.

Mrs. Smith thought it a favorable opportunity to ask the question that had been on her lips ever since he came in.

"Did you get your money, father, to-day?"

"I reckon I did, mother," and he clapped his right hand on his breast-pocket. "I reckon I've got a hundred dollars hid here; bran new bills, too, every one of 'em. No, not quite a hundred; for after I got 'em, I went and bought a pound of tea and a dollar's worth of sugar, and gave 'em to Sally Ann, for I couldn't bear that any of my connections, and a woman, too, should be drinking cold water all the time. Don't they look good?" and opening the old leather pocket-book, he took them out and counted them over. "Five tens is fifty; nine fives is forty-five, and this three is ninety-eight; just it."

"I'm so glad you got it, father. I've worried all day for fear they'd disappoint you, and goodness knows what would have become of us this winter, if they had."

"And I'm glad, too," shouted Jimmie, "for now I shall have new boots and a new cap, a store cap, such as other boys wear, and a new overcoat out of father's old one, and a new jacket and pants. Hurrah, boys, an't I glad?" and he shoved his chair back hastily, and picking up the old cap which his mother had fabricated the winter before, out of bits from her bundle-bag, he sent it, as he said, "a-kiting."

"And I'll have a new dress, won't I, mother?" said little Susan very earnestly; "a new delaine dress—a red one, with little black dots over it. O dear, won't it be funny, to have a dress right out of the store. I've had to have mother's old ones cut over for me, till I'm tired. And I'll have your cloak now, won't I, and new shoes and a belt, mother; all the little girls wear belts——"

"And what'll this little fellow have?" said the mother, cheerily, as she took up the crowing baby out of the cradle. "He'll have a new dress, too, won't he, father?" and she held the little soft face close to the farmer's lips.

"May be, may be," he said, as he tossed the little one to the ceiling half a dozen times. "There, take him, now, mother, for I must unhitch the horsés and get them into the stable. *Bonnies* are tired and hungry by this time," and he hurried away.

The chores were all done and the children put to bed. The farmer sat in his easy-chair, which was tilted back against the oven-door, and looked the picture of homely comfort, with his legs crossed so lazily, his arms folded so cosily, and his "pipe of clay" set so snugly between his lips. His wife sat in her low rocker, with the stand drawn closely to her, though the blaze from the hickory fire rendered the light of the candle

almost unnecessary. Her knitting-work lay beside the snuffers ready to take up, as soon as the last stitch was set in the long patches with which she was covering the holes in the knees of Jimmie's trowsers. The cradle stood near by, so close that her foot touched it lightly if the baby stirred.

The fire crackled and blazed; the farmer smoked and seemed lost in thought; the farmer's wife sewed, and she too seemed lost in thought.

By and by, she hung the mended trowsers on the foot of the cradle, saying as she did so: "There, I hope it's the last time I'll have them to patch." Then she took up the double mitten she was knitting for her husband, and her fingers flew as though his hands were bare, though if the truth be told, he had two pairs yet in the stocking-bag, besides those he yet carried in his pockets. But she was a thrifty wife, and always ahead with her knitting.

"I'm so glad you got that money, father," she said after a while. He did not answer her, but puffed away at the old pipe.

Presently she spoke again. "Shall you be using the team to-morrow, father?"

"Why, mother?"

"Because, I thought if you wasn't, I'd have you drive me up to the store. Now we've got the money, we may as well get our clothes first as last, and have them cut, and then when I get a minute's time I can be making them. It'll take me nearly all winter, any way. I don't suppose Grey's got his winter stock yet, but we can buy twenty or thirty dollars' worth out of what he's on hand."

Mr. Smith did not reply at once. He smoked out his pipe, knocked out the ashes, and laid it on the shelf. He set his chair forward on its four legs, drew off his boots, and planted his feet on the front round, and then putting an elbow on each knee, he rested his face on his hands. It was his usual attitude when he was going to talk seriously, and his wife's heart began to rise in her throat.

"What would you have done, wife, supposing I hadn't got that money?" he said, after clearing his throat with sundry hems and haws.

"Why, I'd had to got along without it, I suppose," she answered, rather curtly, "but the dear knows how, though, for I've twisted and turned every which way the last year. We're every one of us nearly naked for clothes—every thing we've got is ready to drop to pieces. But what makes you ask such a question?"

"Because," speaking very slowly, "I've been thinking that

if we could possibly make our old clothes do this winter yet, I'd take that money and use it for something else."

"But I thought you'd said, over and over again, that if you ever got that hundred dollars you'd spend every cent of it for clothes, and so get a good start again."

"So I have, mother, so I have, but—well, I'll just tell you what started me to thinking we'd perhaps better use it some other way. Just as I got off this morning, I found one of old Ned's shoes was loose, so I went round to the smith's to have it fixed. Well, it was pretty early, you know, and they hadn't much fire yet, and the shop was open and cold, so I thought I'd run into Johnson's and warm me a bit. They were jist sitting down to breakfast ——"

"How is *Miss* Johnson, father? I have never seen her since her baby was born, and it must be over three weeks old now. Dear me, how time flies! It's too bad, too, when I thought so much of her."

"She's poorly, mother—thin as a June shad and white as a ghost, and the puniest baby you ever set eyes on. But as I was saying, they was jist sitting down to breakfast, and what do you think they had—rye griddle-cakes and milk-gravy ——"

"No meat or potatoes?"

"Not the first mouthful, nor any coffee, nor any tea, but catnip ——"

"Catnip ——"

"Yes, mother, catnip. 'You've eat your breakfast, I reckon,' says he, as he drew up his chair. 'If he hadn't,' says she, 'he wouldn't relish ours much,' and then she turned her head away, but I saw her wipe her eyes with her apron."

"Poor thing! but, father, I always thought Johnson was a good provider."

"So he is, mother, so he is; but just wait till I tell you. 'It's hard fare,' says he, as he took up a cake; 'I didn't think once I could have stood it to have gone without meat or potatoes, or butter or coffee, for breakfast, but these hard times play the deuce with a fellow's earnings.' 'But I thought you was doing pretty well now,' says I. 'Well, so I am,' says he. 'I turn away work every week, but the trouble is, no one has any thing to pay with; it all goes on to the book.' Well, I tell you, mother, that made me feel rather uncomfortable, for I couldn't help thinking of the hundred dollars I owed him."

"Yes, but he agreed to wait a year when you spoke of getting the wagon made, you know, and he's got your note for it, and it's bringing him interest all the time."

"I know it, mother, but—well, when I got ready to go, he went out with me, and says he: 'I've been thinking about com-

ing over to see about that note, neighbor Smith. I tell you, we're pretty hard up just now. We an't had a spoonful of tea or coffee, or a bit of meat or wheat-bread in the house, since the baby was a week old, and we have to let all the butter go that we make now, to pay old Granny Boone for taking care of Mary a fortnight. She ought to have had help a month, for she's mighty thin this fall, but we were too poor.' 'But can't you get trusted at the store?' says I. 'Yes, I can, but I owe Grey fifty dollars now, and I hate to ask him to let the bill run any longer, for I know he's in a tight place, too; and then I owe the butcher ten dollars and the doctor ten, and I signed ten for the minister, and I know they all want it. There's all the debts I owe in the world, and a hundred dollars would make me square, you see, and give me a little start, too, and I've been thinking if you could pay that note now, I'd throw off interest—yes, and ten dollars of the principle, for ninety now is worth more to me than a hundred and six will be next spring.' Well, I told him just how it was—how we'd calculated to put that into clothes and sich like, but he looked so sorrowful that I told him I'd speak to you about it, and if you thought we could get along till spring with the old clothes, why, I'd take up the note now. What do you say, mother?"

Mrs. Smith did not answer. She had dropped her mitten and was looking dreamily into the fire.

"We should be out of debt then, you know," said the farmer, after a while, "and that would be such a comfort. We've had a pretty hard tussle with the world, getting all these mortgages paid off. I reckon it'll be many a long day before the old farm gets saddled with another one, but father, though a mighty hard working man, was always too easy with folks; he never would say no."

Still his wife did not speak. She was thinking of the many, many things she had "lotted so" on buying with that hundred dollars.

The clock struck nine. "Bed-time," said the farmer, giving himself a good shake before the fire, "and I'm ready for it, too, for I'm about tired out. Here, mother," taking out his pocket-book and handing it to her, "you take care of this; it's mighty precious just now, and mind you, mother, do jist as you think best. If you've really set your heart on spending it for clothes, why, take it and buy 'em. But if, after thinking it all over, you find you can manage any way to make our old ones do, why—but do jist as you're a mind to. I don't care a copper, as far as I'm concerned, only I hate to think of *Miss Johnson* drinking catnip-tea and we owing her man."

"So do I, father."

Mrs. Smith's voice was husky as she spoke, and it was only after she had swallowed hard two or three times, that she was able to add: "I'll think it all over, father, before I go to sleep, and see what can be done."

She did so. Long after her husband's eyes were closed in sound slumber, she lay wide awake beside him, devising, calculating, and wondering. "If it wasn't for his and Jimmie's boots, and Susan's and my shoes, I do believe I could manage after all, but I can't make over boots and shoes. Well, well, I'll go to sleep, now — perhaps I can think of some way in the morning to get them. Poor Mary Johnson — drinking catnip-tea, and living on rye-cakes, and her baby only three weeks old, it isn't right," and then she said her prayers, oh! how fervently! and dropped off into a sleep, sweet and sound.

Her morning work was light the next day, for she had washed and scrubbed and baked and churned on Monday, that in case her husband got his money she could get an early start to the store. By the time the children were off to school and the baby had settled himself for his morning nap, she was at liberty to commence her rummaging. She went first to the "south room" — parlor, city folks would have called it, but she was country bred, and satisfied with the same quaint name her husband's mother had given it when the house was built. Opening the drawer of the bureau, she commenced taking out her husband's shirts and looking them over carefully. "Well, I declare," she said to herself, as she replaced them, "they an't worn so bad as I thought; if I put a new bosom and collars and wristbands on two, they'll be nearly as good as new, the muslin isn't worn any, hardly, and the other two will bear mending some time yet. The one he wore yesterday is whole, and pretty strong too; that's five, and the sixth he's never had on yet, for I've always made it a rule to keep one out of every set all new and nice, in case any thing should happen." She sighed as she spoke, for well she knew what that "any thing" meant.

"Yes, I guess I can keep them on another year, or till spring at any rate, for he don't often wear white shirts in winter, and it's so lucky I made up so much flannel last year. He didn't want me to, but I seemed possessed to do it. If I hadn't, I don't know what would have become of us now, with having to sell all our wool this summer to pay off that last mortgage. Thank fortune it's paid too, and the old place is safe." And then she took out the Sunday vest and neck-kerchief. "Well, they don't look so dreadful bad, after all; I guess if I iron this out nice, I can fold it so as to hide the old creases, and then it'll do almost as well as new, and I can put new buttons on the vest, and bind it over, and it will last quite a spell;" and she

closed the bureau and went to the "north room," where behind a sheet hung her own and husband's best clothes. "They're pretty thin," examining the pants, "pretty thin, but then if I make him a new pair out of that piece of full cloth that was left over last winter, why, he won't need to wear these only on Sundays, and he can take them off as soon as he comes from meeting, and that'll save them a good deal," and she hung them up and took down the coat. "It's most threadbare in spots, I declare, but then he can wear his every-day one under his overcoat this winter, and if he keeps that buttoned up close, why, no one will be the wiser. I did hope, though, to have got him a new coat this fall, but — well, this must do some way. They cost so much," and she replaced it and took down his best overcoat. She shook her head as she examined it, but presently her eyes brightened, she had remembered that there were pieces enough left to put on a new collar and new cuffs, "and that, with new buttons and new binding, will make it look quite respectable. As for his cap, he must slip that into his pocket when he goes into meeting; it'll do well enough elsewhere. Now I must look at mine," and she spread out on the bed a purple merino dress, a cloak of brown circassian, and a black alpaca skirt and basque. "If they only hadn't been turned once—oh! I've just thought, I'll dye the merino and the cloak, dip the alpaca, and then, when I've made 'em all over nice, they'll do as well as new." And she hung them up, and took down a band-box. "I was in hopes to have had a new bonnet, and had this made over for Susan, but I guess it'll do this winter. Poor Sue, she'll be so disappointed about the red dress; she's lotted on it so much. There, I've just thought what I'll do; I'll take that delaine I've had for a good dress these three summers, and die it crimson. There'll be enough of it to make the baby one, too, and the cape'll make each of them a hood. Susan will think just as much of it, if it's only red, and I'll buy her a belt some time, when I have a little butter-money. And that linsey of mine, that I was going to take for a petticoat, will make her a good every-day dress, and hers that she wore last winter will do for the baby; so they're fixed out. No, there's her cloak. Oh! I'll dye her old one when I'm about my clothes, and that'll make it as good as new in her eyes. Now for Jimmie. Let me see; I do believe there'll be enough of that full cloth to make him a Sunday pair, and I'll cut over some of his father's old ones that I have been saving for a new carpet, for every day wear. And there's those old coats of his grandpa's, which I never could bear to think of ripping up, they'll make him all he needs this winter, if I cut them over; so he's fixed, all but his cap; but then caps are cheap now, and I'll save in groceries

some way, and get him one at the store with my butter-money. Now if it wasn't for the boots and shoes. I do wish I had something to sell that would bring money enough to get them. And I have—I have—there's these feathers; I did once think I never would let them go, but I will — *I will!*" she repeated, emphasizing the word heartily, and then she went into the kitchen again, and began to fly round to get an early dinner.

"Going to use the team this afternoon, father?" she asked, as the farmer shoved back his chair from the table.

"No, I guess not; why?"

"Why, I'd like to go and sit with *Miss* Johnson, awhile, father — and, father, you may take up that note, while we're there. I've made up my mind to make what clothes we've got do, somehow or other. Here's the money," and she brought the pocket-book from the "south room." "I've put in two dollars that I'd saved up out of my butter money, and as for the interest, why, I reckon you can fill up the wagon with some things that'll be as good as cash to them. I've killed and dressed a pair of chickens, and will put up a loaf of fresh bread and a pie or two, and a pail of apple-sauce."

"That's right, mother; and I'll load up with apples and garden sass and such like, that they have to buy. I feel as if I could give away half I own, to think I'm going to be out of debt. You get ready as quick as you can and I'll harness up in a jiffy."

Let us follow that roll of bills, and see how many hearts were made glad by the self-sacrifice of one farmer's wife.

Mrs. Johnson lay on the bed, faint and weak, and if the truth be told, just ready to cry. She was actually suffering for the want of suitable food and drink. She never could bear rye, and her stomach fairly loathed it now, and she did miss her tea and coffee so much. She had never complained to her husband, but her pale, thin cheeks, as they sat down that day to dinner, had so touched his heart, he could not swallow a mouthful, hungry as he was.

A rap at the door. She hastened to rise and open it. "Why, *Miss* Smith, dear woman, how glad I am to see you!" and she shook her visitor cordially by the hand.

"I'll help myself, Mary. Go and lie down again; you don't look fit to sit up. I never knew how poorly you was till father told me last night, or I'd a-ried and got out to see you before. It's no one but father," as a second rap was heard at the door; "come right in."

"How are you, to-day, *Miss* Johnson? haven't gained much since yesterday; where's Johnson—in the shop?"

"I expect he is, Mr. Smith; sit down, and I'll send bubbly after him. Run, Harry, run, and tell pa who's here."

Mr. Johnson stood beside his bench with a chisel in his hand; but not, as usual, busy as a bee. He had no heart to work; "Where was the use," he muttered, "in these hard times, when a poor fellow, let him earn ever so much, can't get a drawing of tea for his sick wife? What's that, Harry—Mr. Smith wants to see me? well, I'll come, right away, too. I do wonder if he's going to take up that note; if I thought he was—but pshaw! it isn't often a man pays a note till it's due, when times are easy. Ah! Smith, how are you to-day? and you, *Miss* Smith, pretty well, eh? and there's the baby, too—don't look much like our little rat, here. But, sit down, Smith, sit down."

"I haven't time, just now, Johnson. Have you got that note about you? Mother, here, has concluded she'll make our old clothes do awhile longer, and pay up our debts, and as she wanted to come and visit awhile with your wife, I thought I'd come along and have that little business of ours all straightened. There," counting out the money, "there's the face of the note, a hundred dollars, and the six months' interest is out in the wagon, if you'll take it that way; if not, you must wait till butchering time——"

"Don't say a word about the interest, neighbor," and great tears rolled down Johnson's cheeks, while his wife sobbed aloud; "and you must take back this ten, too," handing him a bill.

"No, no, not a cent. You made the wagon on honor, and it's worth all I agreed to pay for it. Take it all;" then twisting the note in his fingers, and holding it in the fire till it was all of a blaze, "no man can look me in the face now, and say I owe him a copper. Hard times won't trouble me any longer, for I can raise enough on the old place to make a living, let prices be ever so low, now I am out of debt; but I guess I'll be traveling. Mother wants me to go up to the 'Squire's, and sell some feathers for her. Come on, Johnson, and get that interest out of my way."

"There, that bag's apples, and that's potatoes, and that's meal, and here's a lot of turnips, onions, and beets, and some of my big cabbages, and a pumpkin or two; them things there in that bucket and pail is some little notions mother fixed up for your wife; you see, she thought something away from home might relish. Got 'em all? well, I'll be off, then," and he whipped up his horses and was soon out of sight. Mr. Johnson carried in the interest, and then, stopping only to take off his apron and put on his coat, started off for the village.

"I'll go to the minister's first," he said to himself; "for ministers are always hard up—the dear knows how they do live in these times."

"What is to become of us I don't know," and the minister shoved back his sermon-paper. "It's no use trying to write, I can't think of any thing but our wants. Not a candle in the house, or any tea, or sugar, or butter; wife, without a calico dress to her back, and the children bare-footed, and Mrs. Friske and Holmes will be here to-night, on their way home from the Association, and nothing but bread and potatoes and salt to set before them, and have to feel their way to their mouths in the bargain. O dear! if some one would only get married; but times are too hard, I suppose, for the young folks to think of that; I haven't had a wedding-fee for three months ——"

"Are you too busy to see Mr. Johnson a few moments, husband?"

"Busy! no dear; tell him to walk up. Ah! friend Johnson, how do you do to day, and the folks at home?"

"Oh! I guess they'll get along now, and as for me, I'm hearty as ever. No, thank ye, haven't time to sit down; I just called in to pay that ten dollars, I signed. There," handing him two fives, "just write me a receipt, if you please. I thought I'd pay it right over to you, for this red-tape way of doing things, as the law folks call it, is so slow, a man might starve before he got his dues. That's right," folding up the slip of paper; "good day, sir; call and see us as often as you can."

..... "Is the baby asleep, wife?" said the minister, as he looked into the sitting-room a few moments after the front-door had closed on his visitor.

"No, husband; why?"

"Because, wife—because"—and he choked down a sob of gratitude—"Johnson has just paid me ten dollars, and I want you to go and spend it at the store."

"Ten dollars! the Lord bless him!" and she covered her face with her hands and wept.

To and fro went the doctor in his little office, revolving in his mind his whole list of patients, and trying to think which of them would be most likely to pay up if he presented his bill. His wife had asked him for ten dollars that morning, and told him she must have it, for he was just naked for shirts, and their two little boys hadn't a whole suit of clothes in the world.

"It's no use, no use," muttered he, as he took up his mortar and pestle and pounded away; "no one's got any money, and if they had, they'd run right to the store with it; the doctor's the last man they'd think of paying. Ah! Johnson, how are you? how's the wife, and little John C. Fremont? sit down; sit down."

"I've only a minute to stay. Doctor, got that bill of mine made out?"

"No, I haven't, Johnson, but I can make it out, if you want it."

"Well, I do; I'm round settling up my debts, and thought I wouldn't forget you. 'For professional attendance and medicine, ten dollars.' All right; just what what I expected — there," handing him two fives, "just sign your name now, and we'll be even."

..... "Could you go up to the store this afternoon, wife?" The doctor's eyes twinkled as he spoke.

"For what, husband?" and his companion looked up from her pile of mending in surprise.

How quick she sprang from her chair, and how she laughed and cried in the same breath. Ten dollars! it was a little fortune to her. She had not seen so much money before in six months.

The butcher's stall was closed, but he had not gone home yet. He was still there, and busy too, wiping off counters, and scrubbing up the floor, and straightening things generally; but not whistling Yankee Doodle or Hail Columbia, his two favorite tunes, as was usual, but humming away at one of Watts's solemnest hymns, and looking for all the world, like a man going to be hanged. To tell the truth, though one of the jolliest fellows in the world, he was all out of heart that day. He had to put on his Sunday pants that morning, because his everyday ones were so ragged that his wife declared they wouldn't even do for carpet-rags, and the doctor had ordered flannel for her, as the only preventive to the cough that had racked her all last winter, and how he was to get a new pair of pants, or she to get flannel, was more than he knew. Not a cent coming in; every body wanting to pay in flour, or potatoes, or butter, or apples, or some such thing.

"Halloa, old fellow! gone home, yet?"

"No, no, Johnson; pull the string, and the latch'll fly up. How are you, wagon-er? don't show your face here very often, any more; turned Grahamite, I reckon."

"Not a bit of it, man; I'm in for a nice steak to-morrow, porter-house, mind; be sure and save it; and see here, old fellow. Here's ten dollars, to shorten your face a little; hang me, if it isn't as long as the moral law. Give me a receipt, quick, and we'll begin anew on the books. That's it; don't forget that steak."

..... "What's happened, husband?"

"Why?"

"Why, I haven't heard you whistle before, for a week. I should think you'd got some money, if there was any in this part of the Union, but I don't believe there is."

"Don't you, wifey? see here. Ten dollars: not a cent more or less. I'd like to keep it a week, just to see how it would seem to have money in my pocket once more; but I can't — it burns my fingers, even now." And he whistled Yankee Doodle, till the baby's afternoon nap was completely broken up. "But never mind," he said cheerily, as he tossed the little one to and fro in his brawny arms, "I'll tend her if she's cross. You just put up them patches, and get ready to go to the store. You're a better judge than me, of cloth and flannel. I'm good on beef and pork and mutton, but when it comes to store goods, I'm the biggest fool alive; so, hurry up, wifey, hurry up."

The young merchant stood at his desk, gloomily turning over the leaves of his ledger. He was evidently ill at ease; his brow, usually so placid, was now deeply furrowed; his cheeks were feverish and his eyes heavy. He had been in business but two years, and having but little capital to begin on, had been obliged to run in debt for a portion of his stock. But until now, every payment had been made punctually, and he had felt himself fast getting along in the world. Now his prospects looked gloomy enough. He had a note of five hundred dollars to pay the next Friday, and here, four o'clock Wednesday afternoon, he had but four hundred raised. He had no hopes of making out the remainder, either, for he had been to every body who owed him, again and again. He must fail — fail for that paltry sum, which, in ordinary times, he could have borrowed of almost any one. Fearful of this, he had, some days before, reluctantly begged of the firm to which he was indebted, an extension of time. The answer to his letter lay before him on the desk. They too, were in a tight place, and depended upon the payment of his note.

"There is no help for it," he said, shutting to the ledger; "I must *fail*. If it wasn't for wife and the baby ——" Just then the door opened, and Johnson entered.

"Don't leave your desk, Grey," he said cheerily, coming toward it, "but just hand me over that bill of mine, if you have made it out."

"Is it possible he's going to settle?" thought the merchant, and great drops of sweat started to his forehead.

"All right," and the customer ran his eye over the items.

"Now, just write your name down there," and he handed it back.

The merchant's fingers shook so, he could hardly hold the pen. "That's it; now you may have these," and Johnson counted out five tens; "and now fly around, and do me up a lot of things, for our buttery's as lean as a church mouse."

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. IX.]

SEPTEMBER, 1862.

[No. 9.

A SICK NATION.

THE cause, the nature, and the remedy, are the three thoughts which always engage the attention of the scientific physician in every given case of sickness. Each individual may have his own opinion on these points, in reference to our country's present condition; and however obscure any man or woman may be, the expressed opinion of such person helps more or less to make up the great aggregate sentiment of the nation, and it is opinion which makes or destroys nationalities. Every patriot, in times of his country's trial, ought to sustain her to the extent of expressing his opinions in her favor; under still greater obligation is he laid, in proportion as he has an influence beyond himself. Hence the Editor here gives his opinion, pure and simple, and in as clear, sharp, and distinct terms as he knows how to express it: Maintain our republican institutions over the whole Union of States, if it require a lifetime's living on bread and water, wearing the coarsest home-spun, dwelling in huts if need be, selling every dollar's worth of property for the national treasury, and if required, leveling to the earth and clearing away, as clean as the palm of the hand, every city and city-site throughout the confederation, only if thereby the foundation is laid for the freedom of every slave that lives, and of every human being to be born within our boundaries, from this good hour. The scalpel which is handled less gingerly, had better be shivered to atoms before its employment. Men may philosophize and refine as much as they please, but clearly to

our mind, the cause, the sole and only cause of this war, direct and remote, is slavery. The South saw with alarm that its power was waning, that its area was becoming more restricted, in the certain and prospective freedom of the border States, and in the growing population of the North-western territorial domain. They regarded the extension of the area of slavery as their salvation—and it was. The North was willing, in fidelity to the original understanding, to guarantee the South all their slave rights in its present boundary, but that one inch more of slave soil should be added to the national domain, was a moral impossibility. The South saw this, and the instinct of self-preservation impelled them to take the stand they did; it was an infinitely inevitable event, only a question of time.

The Bible declaration is the only safe ground on which to build in this thing, and in reference to any government whose laws emanate from the people, resistance to its authority is rebellion against God, for "he that resisteth the power, resisteth the ordinance of God;" and it is as utterly impossible for any nation to survive a rebellion against God, as it is for an individual to do so; hence the success of the South in its present undertaking to establish such a government as it proposes, is a moral impossibility. By analogy, they can never succeed. History is uniform in its teachings that the progress of empire and of domination is from the North, Southward. A law of the people may be a bad law, but for the time being, it is for all that to be recognized, until it can be changed by the dissemination of better views, and this is the only resistance which the Bible authorizes against legally constituted authority. Hence the only righteous alternatives are, submission to the laws of the land, peaceable removal, or the endurance of the legal penalty. Any other principle is subversive of all authority, and is anarchy in its worst form. With these views, we consider the doctrine of a "higher law" the "doctrine of devils;" and those who took this ground, and defended it, in reference to the fugitive slave law, were rebels, not only against the Government of the United States, but against God himself, and the South, in its conduct, has only followed Northern example; hence, whatever of vituperation and abuse and despicable epithet has been uttered, in speech or print, in reference to the Southern people, is only a degradation to those who uttered, or do utter

them, for thereby they condemn themselves out of their own mouths. Besides, there is a want of magnanimity and dignity about it, which is unbecoming a man; it never can do good, and always will do harm. If the North must be an enemy to the South, let it be a high-toned, generous enemy, and not a hissing fiend, as some even of our clerical speakers have shown themselves to be. "Forgive them," was said in reference to the pitiless crucifiers. If there ever is a "higher law" than that which a people have framed for their own government, there is only one right course as to an existing law, either to obey it or submit peaceably to the penalty of its overt or passive infraction, even unto death, or leave the country.

The remedy, then, for the nation's malady is the perfect, utter and eternal eradication of the unfortunate cause, and that is the institution of slavery. But how apply the remedy? Go according to the law of the land, *as long as it is law*; free every slave instantly, belonging to a voluntary opposer of the Government of the United States; take from such persons all the property they have on earth; demand an unconditional oath of submission to the constituted authorities, or require them to leave the country forever, with the penalty of summary death if they return unbidden. As to the slaves of the loyal now living, let them be purchased at a fair price, and be set free; and all born hereafter, to be born free. What do with these millions? Do as Almighty wisdom did with Adam and Eve — turn them into the field of the world, and let them alone. Just give them as fair a chance as you would like any other human brother give to you. If, after that, you find some of them are likely to suffer, do as you would do to any stranger beggar — try and put them in a way of doing something for themselves. The negroes of the South have done a great deal toward the prosperity of this nation. Don't we owe them a little help? The gains which their sweat and toil have helped to make, have aided in building many a mansion in Fifth Avenue and Walnut street, on the Hudson and at Newport.

The man who does not stand by the President and his Cabinet as a unit, weakens them. Let every true man trust wholly to them, and sustain them by a generous confidence, in darkness as well as the light, for the very sufficient reason that they have all the lights of the case, and thus should be competent judges

of the full situation, while they have at least as much patriotism and common-sense as any other equal number of persons in the land. A good many people seem to have just sense enough to believe that if the Government does not do as they think, all is lost; while the ubiquitous "our correspondent" of eight-by-ten sheets, declares about every other day there is a "crisis," and if that cannon on "point no point" is not directed a little further to the right or left by to-morrow at twelve o'clock, the nation will be remedilessly ruined. The Editor was born on slave soil, and lived among negroes for more than half his life, the remainder in the North, and the Southern people, as a class, rise before his mind daily as the personification of all that is cordial, high-minded, and heroic; and that what they have done in this war, with the means they had, has outshone the North in energy, self-sacrifice, endurance, and heroic daring, posterity will better testify; at the same time, that they are grievously in the wrong, and have committed a crime in this thing, second only to the crucifixion, we verily believe. But we know a great many good men and women all over the South, have personally known them from youth, and even infancy, and know that they never could have joined in this war unless they really believed it was right, and that it was their duty to do so. The North can not see how they can think it is right to subvert the best government the sun of heaven ever shone upon; neither can the South see why the North will not just let them alone; it was all they asked, it is all they ask to-day; so that neither side ought to be dictatorial, and both ought to be nobly forbearing.

At the same time, we are free to say that, under the circumstances of the case, the North ought to prosecute this war until the South shall surrender unconditionally — not to the North, but to the authority of the law of the land; that is the submission which the North ought to demand, ay, and the North will have it, if it costs the last dollar on the continent; and it ought to have it; and this contest ought no more to cease short of this end, and universal liberty, than the rebellion of Apollyon in heaven should have ceased short of his eternal overthrow. Human diseases allow no temporizing. One million of men ought to be drafted, and half of them on their way to the seat of war in thirty days, (the other half held in reserve,) without

bounty, without advance payments, but on simple soldiers' wages; and then strike hard, strike fast, strike every where, and continuously, until the work of war is fully done, for, as the brave General Mitchel has significantly said, (brother Kentuckians, by the way, are we,) "We are engaged in war." Shall we employ the freed slaves, the rescued contrabands? Yes, in any way in which the laws of honorable warfare will allow. The very first and the most essential step in any man's elevation, is to let him see that he can do something, that he can help himself, that he can help others, that he can do a noble deed. After the war is over, the consciousness, "I have been a soldier," "I have striven side by side with the white man," will do more toward his elevation, in his own eyes, more toward sustaining his ambition, to keep him up where he is, and to rise higher, than five years of any other kind of teaching. One year in an active army, is ten at home. When we lived in New-Orleans, we often admired the manly bearing and the expression of self-respect and personal dignity which marked the countenances and conduct of the negroes who had fought with General Jackson on the fields of Chalmette, and we know, too, that those very negroes were always held in esteem—nay, that is not the full meaning, we will say in affectionate respect, by the old inhabitants of the Crescent City; and so are those who survive regarded by the oldest residents of New-Orleans this very hour. Still we would not arm the negro; let the whites have all the glory of the war, and victory. What next? *Since confiscation is the law of the land*, let all the confiscated soil be divided, by the Government, into conveniently small-sized parcels, and leased to any who will take them, for the cultivation of cotton, etc. If this is done, the annual yield of cotton, in five years, will approach eight million bales, instead of the four or five millions, some two years ago. We have often laughed in our sleeve, as many a cotton-planter has no doubt done, at the monstrously absurd admission of the North, that only negroes were fit to cultivate the burning plantations of the South, and that white men could not stand it. Dear, delightful ignoramuses of the North, did you ever inquire who dug the canals of the South, and ditched its millions of reclaimed lands? White men, for the most part. We have a medical student in our office now, who graduated with honor last spring at one of

the best medical schools in the nation, who, at sixteen, made a full "hand" on his loyal father's immense plantation. We can give you the place and name and date and residence of families in the Gulf States, whose cotton was plowed and planted and hoed and gathered by the girls and boys, under the direction of the father, not a negro on the place; but they soon became able to own negroes, and now have plantations and "hands" of their own, all paid for. Having practiced medicine on Southern plantations, we speak by the authority of personal observation and actual knowledge of the facts.

If the South is thus dealt with, thus repopulated with working-men of any and all colors, it will, in the continuance of a rightly conducted republican government, by means of the elevating and restraining influences of a faithfully and intelligently preached Gospel, open up such a career of national prosperity, virtue, and greatness, as the sun never looked upon before, a government which will permanently hold in her own hands the balance of power for the world. But if this most unexpected and magnificent opportunity for universal liberty is not improved, then must such glorious results be indefinitely postponed, and the angels in heaven may well veil their faces before the throne of the great King, in sorrow and sadness unutterable. We are conscious that in what we have said we have offended our Southern friends, have offended all "Conservatives," as they like themselves styled, and we have offended "Union" men, whom we regard, with a few exceptions, as secessionists at heart, and now we are going to offend the "balance of the batch" of every body, by saying we would like to have the hanging of three men, the three abolition extremists, and feel like asking for one more, the anathemist, but he is a clergyman, and there are none of these to spare; besides, he has done work aforetime for the Sabbath and temperance, and other good causes, which is of silver and gold and precious stones, and for these, let him alone and compassionate him for the one great weak spot in his upper story. One hanging is not enough for these men. We would hang them every day in this wise: string them up by the big toe, nude, let a barrel of ice-water stream adown each, with daily birchings, and bread and water diet, until they learn to express themselves respectfully of God and man, of the Bible, our country, its rulers, its constitution,

and its laws. The liberty of speech and of the press, is liberty no longer, but an impudent and vile prostitution of the same when they are employed, against legally constituted authority, in indecent allusions, in blasphemous exclamations, in degrading Billingsgate, and in fiend-like invective, shocking public sensibility and corrupting public taste, all of which have been but too common of late, in our public places and public prints.

In reference to the penalties which Congress has declared shall attach to men who shall persist, after September 25th, 1862, in refusing a true fealty to the best government which has ever been exercised on the face of the earth—namely, the loss of all their earthly substance—it is a just and righteous enactment; they have not only beggared multitudes who never harmed them, but have sent blood and death to thousands of happy homes, and have caused maimings to other thousands, which shall cause them in all after-life to live in destitution, from having been rendered incapable of labor, or to labor in ceaseless pain, and weary, wearing discouragement. Verily, many of them deserve to be banished from the land of their birth, to return no more, until they show by tears more bitter than wormwood, that they are fit subjects for the bestowment of a generous amelioration of penalties. Secession is not only a crime against our beloved country, but against our common humanity, inasmuch as its success is a blow to self-government, to republican institutions, to popular nationalities and true freedom throughout the world, which may not be recovered from for ages to come. If secession succeeds, then the United States becomes a fourth-rate power for centuries perhaps, to be obedient to the beck and call of kingdoms and empires beyond the seas, looking up to them as the eyes of a maiden look to the hand of her mistress. Rather than let our country come even within the shadow of perils like these, it would be better that every human being whose voice or heart or hand is continued to be raised against her in outright rebellion, or in the doubtful mask of "Union," of "conservatism," or of deprecating or halting adhesion to the authorities, better that all such should be swept from the face of the earth, that their memories rot, and their names be the synonyms of infamy, till time shall be no longer.

MONDAY, *July 28th*, 1862.

HOUSEKEEPING HINTS.

HEALTH is impaired, and even life lost sometimes, by using imperfect, unripe, musty, or decaying articles of food. The same money's worth of a smaller amount of good is more nutritious, more healthful, and more invigorating than a much larger amount of what is of an inferior quality. Therefore, get good food, and keep it good until used. Remember that

Fresh meats should be kept in a cool place, but not freezing or in actual contact with ice.

Flour and meal should be kept in a cool, dry place, with a space of an inch or more between the floor and the bottom of the barrel.

SUGARS.—Havana sugar is seldom clean, hence not so good as that from Brazil, Porto Rico, and Santa Cruz. Loaf, crushed, and granulated sugars have most sweetness, and go further than brown.

Butter for winter use should be made in mid-autumn.

Lard that is hard and white, and from hogs under a year old, is best.

Cheese soft between fingers is richest and best. Keep it tied in a bag hung in a cool, dry place. Wipe off the mold with a dry cloth.

Rice, large, clean, and fresh-looking is best.

Sago, small and white, called "Pearl," is best.

Coffee and tea should be kept in close canisters, and by themselves. Purchase the former green; roast and grind for each day's use.

Apples, oranges, and lemons keep longest wrapped close in paper, and kept in a cool, dry place. Thaw frozen apples in cold water.

Bread and cake should be kept in a dry, cool place, in a wooden box, aired in the sun every day or two.

All strong-odored food should be kept by itself, where it can not scent the house.

Bar-soap should be piled up with spaces between them in a dry cellar, having the air all around it to dry it for months before using; the drier, the less waste.

Cranberries kept covered with water will keep for months in a cellar.

Potatoes spread over a dry floor will not sprout. If they do, cut off the sprouts often. If frozen, thaw them in hot water, and cook at once. By peeling off the skin after they are cooked, the most nutritious and healthful part is saved.

Corned beef should be put in boiling water, and boil steadily for several hours.

Hominy or "samp" should steep in warm water all night, and boil all next day in an earthen jar surrounded with water.

Spices and peppers should be ground fine, and kept in tin cans in a dry place. A good nutmeg "bleeds" at the puncture of a pin. Cayenne pepper is better for all purposes of health than black.

Beans, white, are the cheapest and most nutritious of all articles of food in this country. The best mealy potatoes sink in strong salt water.

Hot drinks are best at meals; the less of any fluid the better. Any thing cold arrests digestion on the instant.

It is hurtful and is a wicked waste of food to eat without an appetite.

All meats should be cut up as fine as a pea, most especially for children. The same amount of stomach-power expended on such a small amount of food, as to be digested perfectly without its being felt to be a labor, namely, without any appreciable discomfort in any part of the body, gives more nutriment, strength, and vigor to the system, than upon a larger amount, which is felt to require an effort, giving nausea, fullness, acidity, wind, etc.

Milk, however fresh, pure, and rich, if drunk largely at each meal, say a glass or two, is generally hurtful to invalids and sedentary persons, as it tends to cause fever, constipation, or biliousness.

DURATION OF LIFE.

THE average duration of life of man in civilized society is about thirty-three and a third years. This is called a generation, making three in a century. But there are certain localities and certain communities of people where this average is considerably extended. The mountaineer lives longer than the lowlander; the farmer than the artisan; the traveler than the sedentary; the temperate than the self-indulgent; the just than the dishonest. "The wicked shall not live out half his days," is the announcement of Divinity. The philosophy of this is found in the fact, that the moral character has a strong power over the physical; a power much more controlling than is generally imagined. The true man conducts himself in the light of Bible precepts; is "temperate in all things;" is "slow to anger;" and on his grave is written: "He went about doing good." In these three things are the great elements of human health: the restraint of the appetites; the control of the passions; and that highest type of physical exercise, "going about doing good." It is said of the eminent Quaker philanthropist, Joseph John Gurney, that the labor and pains he took to go and see personally the objects of his contemplated charities, so that none of them should be unworthily bestowed, was of itself almost the labor of one man, and he attended to his immense banking business besides; in fact, he did too much, and died at sixty. The average length of human life of all countries, at this age of the world, is about twenty-eight years. One quarter of all who die do not reach the age of seven; one half die before reaching seventeen; and yet the average of life of "Friends," in Great Britain and Ireland, in 1860, was nearly fifty-six years, just double the average life of other peoples. Surely this is a strong inducement for all to practice for themselves, and to inculcate it upon their children day by day, that simplicity of habit, that quietness of demeanor, that restraint of temper, that control of the appetites and propensities, and that orderly, systematic, and even mode of life, which "Friends'" discipline inculcates, and which are demonstrably the means of so largely increasing the average of human existence.

Reasoning from the analogy of the animal creation, mankind should live nearly an hundred years; that law seeming to be, that life should be five times the length of the period of growth; at least, the general observation is, that the longer persons are growing, the longer they live; other things being equal. Naturalists say,

A dog grows for	2 years,	and lives	8
An ox	" 4	" "	16
A horse	" 5	" "	25
A camel	" 8	" "	40
Man	" 20	" should live	100

But the sad fact is, that only one man for every thousand reaches one hundred years. Still it is encouraging to know, that the science of life, as revealed by the investigations of the physiologist and the teachings of educated medical men, is steadily extending the period of human existence. The distinguished historian Macaulay states, that in 1685 one person in twenty died each year; in 1850, out of forty persons, only one died. Dupin says, that from 1776 to 1843 the duration of life in France increased fifty-two days annually, for in 1781 the mortality was one in twenty-nine; in 1853, one in forty. The rich men in France live forty-two years on an average; the poor, only thirty. Those who are "well to do in the world" live about eleven years longer than those who have to work from day to day for a living. Remunerative labor and the diffusion of the knowledge of the laws of life among the masses, with temperance and thrift, are the great means of adding to human health and life; but the more important ingredient, happiness, is only to be found in daily loving, obeying, and serving HIM "who giveth us all things richly to enjoy."

S E R E N I T Y .

"FRIENDS," commonly known as *Quakers*, as a class live longer than any other persons in the world. The very name of "Quaker" brings up before the mind the personification of equanimity, composure, and quiet dignity. The serene command at once our confidence, our respect, and our love. The brave are serene, and so are the good. In fact, serenity is our highest dignity; it is godlike! And as we should aim to be like Him, in all the qualities possible to man, it is our duty to cultivate serenity, not only because it promotes length of days on earth, and happiness, but does much toward preparation for that after-life whose duration is endless and whose quality is bliss! That serenity of mind is a cultivatable characteristic, is demonstrated by the existence of Friends' Society. Their founders were as other men in birth and habits and propensities; but convictions of certain moral and practical truths came upon them, and they emerged into a new life; they "put off the old man with his deeds," and thereupon framed to themselves a new garb, a "moral dress," which makes them stand out in the world a distinct and an admired people. Peace is a fundamental faith of theirs, and peace is serene. Temperance in all things is another article in their creed, and temperance is serene. Even-handed justice toward all of human kind is the polar-star of their practical faith, and justice is serene. By the practice of these serenities themselves, and by their inculcation upon their children, they have, in half a dozen generations, made it an almost inheritable virtue. While we should cultivate serenity of heart and mind, for the benign influences which it can not fail to have on ourselves and on those with whom we associate, we should be deterred from the neglect of cherishing a quality so divine by keeping in mind the evils which hourly befall those who give a loose rein to the natural man. The great and good Washington is known to have been an extremely irritable man in early life, but he schooled himself to become as calm as a summer's sea in his later years. Our children should be early taught to look calmly at all things, to speak calmly of all things, and judge calmly of all things, and thus avoid those habits of conversational exaggerations, of hasty judgments, of ridiculous praises, and of demoniacal vituperations which so commonly prevail, and which are at once a disgrace to the head and heart of the multitudes who are chargeable in this regard. The want of this self-control, of this calm looking at trouble and at joy, lays us all liable to death without a moment's notice! Mr. P—— died the other day in this city from "some words with a gentleman, which excited him greatly." "He was a man of varied abilities, and had held many high and responsible situations," and might have held them for many years to come had he possessed one other "ability," that of serenity. Mrs. G——, "a lady of high social distinction," on hearing that her nephew had been elected to Parliament, died under the excitement of the gratifying intelligence. Let us then practice ourselves, and teach it to our children, to look at all things, to think of all things, to speak of all things "SERENELY."

D I A R R H E A .

THIS word means, literally, a “*running through*,” and as applied to the human body, in connection with a diseased condition, its expressiveness is easily seen. Whatever a person eats or drinks seems to pass through the system very soon, and with comparatively little change.

Simple diarrhea is the passing from the bowels of a watery, lightish-colored substance, in considerable quantities, at several times during the twenty-four hours, sometimes with pain; always leaving a sense of weakness, which makes sitting still a deliciousness, as if it would be a happiness to know that there would be no occasion ever to get up again.

If blood is passed instead of a thin, light-colored liquid, it is then *Dysentery*, or “Bloody Flux,” accompanied with a frequent desire to stool, without being able to pass any thing, with a sensation so distressing, that the Latins called it *Tormina*, literally a “torment.” If, on the other hand, the discharges are frequent, imperative, in immense quantities, thin as water almost, and of a lightish color, without any pain whatever; that is genuine cholera—Asiatic cholera. It is quite sufficient for all common, practical purposes, to say that diarrhea, dysentery, and Asiatic cholera are one and the same disease, differing only in intensity. Diarrhea is a watery looseness; dysentery is a bloody looseness; cholera is an immense watery looseness.

In diarrhea, there is not much pain, necessarily. In dysentery, there is a great deal of pain inevitably. In cholera, there is *never* any at all as to the bowels. In diarrhea discharges always succeed inclination. In dysentery there is a most distressing inclination, with no satisfactory, no relieving discharge.

In cholera, desire is followed always by immense and relieving discharges. In all these, there is one never-failing circumstance always and inevitably present, and never can be absent, under any conceivable circumstances—it is the quenchless instinct of nature calling for absolute rest, bodily quietude, and without that rest, a cure is always impossible, and death an inevitable event.

There is in all these a remorseless thirst. Nature then calls for two things, to satisfy her longings for rest and drink, and if these two things are done *with sufficient promptness*, there is a perfect cure in nine cases out of ten. Perfect quietude on a bed, and chewing ice, swallowing as large pieces as possible, until the thirst is perfectly satisfied, is all that is necessary in any ordinary attack of either of these three diseases. To make assurance doubly sure, keep the abdomen tightly bound around with two thicknesses of woolen flannel, eating nothing but boiled rice, with boiled milk, in ordinary cases; if more violent, let the rice be parched black as coffee usually is, then boil and eat it; or what is still more efficient, put a pound or more of flour in a linen bag, boil it two hours in milk, take off the skin, dry it, grate it into boiled milk, and eat it freely, and nothing else, until the disease is checked. If these bowel-complaints are checked too promptly with laudanum, paregoric, or opium, fatal convulsions take place in a few hours, as to children, and incurable congestion or inflammation of the brain in grown persons. As bowel diseases are the scourge of all armies in the fall of the year, these suggestions should be widely circulated.

M I A S M .

THE scourge of camps, especially in the fall of the year, is an emanation from the surface of the earth, most virulently poisonous at sunset and sunrise, throughout the United States, the more so southward, and is called *Miasm*, sometimes more specifically, "Marsh Miasm." Formerly, (and perhaps now,) the steps of St. Peter's at Rome were covered every night with sleeping harvesters, who spent the day in cutting and gathering the grass and grain in the Pontine and other marshes, and broad, flat, damp fields, around the "Eternal City," because, ignorant and degraded as they are, they know that to sleep in those fields, even under cover, is certain sickness, and in thousands of cases death itself in a few days, by malignant fevers or wasting bowel-complaints. The noisome fumes of carrion-beasts are pure polar winds, in comparison to the deadly effects of a miasmatic atmosphere, which, while it is being breathed, appears so deliciously cool and fresh and pure, that scientific intelligence can scarcely (and often does fail to) break the victim away from the fatal spell. But miasm is under certain laws, and medical investigation has ascertained with certainty several of these, and the means by which this invisible but deadly agency may be deprived of its power to harm or to destroy. In ordinary circumstances, in our latitudes, persons may sleep out of doors in miasmatic districts, without injury, if between the times of an hour or so after sundown, and as long before the succeeding sun-rising; while from an hour after sunrise, until near the succeeding sunset, being the day-time, it is not hurtfully present. It is only for the hour or two, including sunrise and sunset, from August until November, or two or three good frosts, that armies should be most on their guard against that invisible and entrancing foe, which has slain a thousand times more soldiers in all past times, than sword, bullet, and cannon-ball, by the bowel-complaints, and fevers, and epidemics, and plagues, which it has the power to engender. There are three agencies which always will perfectly and safely antagonize all the ill effects of Miasm, to wit: 1st. A good warm meal; 2d. Heat; 3d. Cold. It is curious to notice how each of these acts differently. Cold only paralyzes miasm, for, like the frozen adder, it comes to life to destroy as soon as it is warmed. Heat, continuously applied, sends the miasm to the clouds, hence its innocuousness in the heat of the day every where; while a hearty, warm breakfast or supper makes the system impervious to its effects, makes it invulnerable, repels its deadly onslaught. Miasm arises from only one source, and that is a combination of three familiar agencies, each one of which must be always present, or its generation is absolutely impossible, namely, heat over eighty degrees acting on vegetable substances which have moisture; or heat, vegetation, moisture. Any individual may escape the effects of miasm by invariably taking a warm breakfast an hour before sunrise in the morning, and a warm supper awhile before sundown; or a pint of hot coffee, or any kind of hot tea or milk, or simple hot water, with a thimbleful of cayenne pepper in it; but a regular meal lasts much longer in its antagonizing effects. Kindling a brisk fire in the sitting-room, to burn for the hour including sunrise and sunset, will protect any family from fall epidemics; and the same will be done for armies, by keeping the camp-fire burning during the nights along the streets of tents, a million times better than quinine and whisky.

HABIT.

BURKE relates that for a long time he had been under the necessity of frequenting a certain place every day, and that, so far from finding a pleasure in it, he was affected with a sort of uneasiness and disgust; and yet, if by any means he passed by the usual time of going thither, he felt remarkably uneasy, and was not quieted until he was in his usual track.

Persons who use snuff soon deaden the sensibility of smell, so that a pinch is taken unconsciously, and without any sensation being exerted thereby, sharp though the stimulus may be.

After a series of years winding up a watch at a certain hour, it becomes so much a routine as to be done in utter unconsciousness; meanwhile the mind and body are engaged in something entirely different.

An old man is reported to have scolded his maid-servant very severely for not having placed his glass in the proper position for shaving. "Why, sir," replied the girl, "I have omitted it for months, and I thought you could shave just as well without it."

We are all creatures of habit, and the doing of disagreeable things may become more pleasant than omissions; showing to the young the importance of forming correct habits in early life, to the end that they may be carried out without an effort, even although at first it may have required some self-denial, some considerable resolution to have fallen into them.

But if doing disagreeable things does by custom become more pleasurable than their omission, then the doing right, because we love to do what is right, becomes a double pleasure to the performer in the consciousness that, while he is yielding allegiance to his Maker, he benefits his fellow-man, and can not get out of the habit of well-doing without an effort and a pang. Thus are the truly good hedged round about, and are more confirmed in their good doing, and its practice becomes easier and more delightful the longer they live, helping them to go down to the grave "like as a shock of corn cometh in his season."

But if there is something in the fixedness of good habits that binds us to them, there is the same thing as to the evil. Thus it is that when a man has arrived at the age of forty-five years, he seldom changes his opinions or his practices, which, if they are evil, become more and more fixed. Thus, what a man believes and practices at forty-five, he is likely to believe and practice till he dies; and there is small hope of his conversion to different views and different deeds, and the Ethiopian's skin, or the leopard's spots are his forever. The man, therefore, who is not a Christian — by principle, and profession, and practice — at that age, should regard his condition "with fear and trembling," for it is most likely that he never will be one.

These principles are equally applicable to our physical nature—to bodily health. Habits of regularity, temperance, cleanliness, and exercise become a second nature in the course of years; their performance a pleasure, their infraction a discomfort; while the use of beverages of ale, beer, cordials, cider, and other drinks containing alcohol, or the employment of tobacco in chewing, smoking, or snuffing, and the over-indulgence of the propensities, becomes a slavery, an iron despotism, which in the end debases the heart, undermines the health, and destroys life, making a miserable wreck of soul, body and estate together.

SOLDIERS CARED FOR.

Out of one thousand soldiers, one hundred and four are sick ; this is the constant proportion, as reported by the Sanitary Commission. The autumn always increases the number, by reason of the hot days and cool nights, causing diarrheas and dysenteries, of every shade and degree. One yard and a half of stout woolen flannel, fourteen inches broad, worn, from August to November, tightly and constantly around the abdomen, in such a way that it will be double in front, with bits of tape strongly sewed on one end, and about one yard from the other, according to the size of the person, for convenience of tying, would do more toward preventing bowel-complaints among our brave and self-denying soldiers, than all known human means besides. This simple device arrested the onset of cholera, in three days, in one of the largest divisions of the Prussian army, when the terrible scourge last visited Europe. Let every family who has a member in the army, forward such an article on the instant of reading this ; if you can do no better, send an old worn petticoat, for, by reason of its softness and pliability, it is better than any thing else. Let every mother who reads this, and who may have no son or other relative bravely battling for the perpetuity of our glorious Union, send one abdominal bandage, to be given to some worthy soldier who has no mother, no sister, no wife, to exercise these kindly cares for him. And let the generous rich, of whom there are so many among us—the Astors, the Aspinwalls, the Minturns, the Stuart Brothers, and those like them—be assured that it is impossible to spend an equal amount of money as efficiently, in any other way. One man who has been in the army twelve months is worth *now* two raw recruits ; hence one dollar's worth of good woolen flannel for one of them, or even an old petticoat, by keeping such soldier healthy in the field, will be worth more than the fifty dollars bounty paid for the two recruits, under the present exigencies of the case.

Winter is coming ; let the sisters and mothers of the soldiers begin to knit two or three pairs of thick woolen socks, to be forwarded to each son and brother by the first of October ; let the toes and heels be double knitted, or sheathed with the blue cloth of some worn-out coat or pantaloons, cautioning the soldier to keep the toe-nails closely trimmed, so as to prevent the cutting of the socks.

Begin *at once*, and put up in quart tin cans, to be forwarded *at intervals*, (for if sent in large quantities at a time, they will be wasted or too lavishly used,) pickled cucumbers and cabbage. Onions are represented by physiologists to be among the most wholesome and nutritious of all the vegetable products, besides their immediately invigorating and enlivening effects. If a gallon of onions could be sent to each soldier ; once a month, in addition to a quart of pickled cucumbers or cabbage, scurvy, already beginning to manifest itself, would be unknown. And if it could be felt how grateful a quart tin can of preserved berries, tomatoes, or fruits, would be to a soldier who does not see such things, preserved or fresh, sometimes for months together, their sisters, and mothers, and cousins, and wives would spare no little pains to prepare a good supply for months to come, and would begin to send them on the instant.

SORES

ARE accidental or spontaneous. They sometimes heal readily ; at others, they resist all known remedies, and last for months, years, and even to the close of life. Many persons appear in perfect health, and yet, on inquiry, it will be found that they have had running sores on some part of the body for many years. If a person is in good health, and a sore is made by a bruise, scratch, splinter, or otherwise, it will heal of itself rapidly ; but if an invalid, or if of a feeble constitution, the sore will be a long time in healing, and may prove very troublesome. Persons who drink alcoholic liquors have very little healing power, and a slight bruise or abrasion of the skin will be weeks and months in getting well. The men who work about the London breweries drink large quantities of ale and beer every day, and when they get to be forty or fifty years old, the scratch of a pin sometimes becomes fatal ; and very slight bruises or cuts are healed with the greatest difficulty.

An abrasion of the skin, where there is but little flesh, as on the "shin," very often becomes a running sore for life, because there is little vitality in the part. A gentleman of wealth, in getting into his carriage, had a slip of the foot, and the fore-part of the leg scraped against the iron door-step ; it inflamed, spread, ulcerated ; mortification took place, and he died. He drank liquor habitually. The healthiest persons should carefully protect any sore on the fore-part of the leg from being rubbed by the clothing. Never allow the "scab" to be picked off ; let it fall off of itself.

Sores sometimes come without apparent cause. It is because the blood is "bad," is in a diseased condition, and nature is making an effort to throw it out of the system. The person is apparently well, has a good appetite ; tries this thing, that, and the other, but nothing seems to do any good. And nothing will do any good, besides keeping it clean and moist, until nature has relieved herself, until the blood has "run itself" pure ; and then the sore heals without any agency. Very often at this turning-point a person happens, on advice, to smear on a little goose-grease, or other inert material, and the sore gets well—not as a consequence, but as a coincidence—and thereafter, until life's close, goose-grease with that individual becomes a famous remedy, is "good for" sores, and every thing else. The sore in such cases has prevented an attack of fever or other sickness. On the appearance of any sore, it is wise to begin at once, and eat nothing but fruits and coarse bread ; keep the body clean, and exercise more freely in the open air, and thus aid nature in working off the offending matters. Life is often lost by healing up a running sore rapidly. It should never be done, unless at the same time the system is kept free by the use of laxative food or medicine. Under such conditions, the most incorrigible scrofulous sores may be soon and safely healed, thus : first wash the sore well, then apply with a brush or soft rag, twice a day, the following : put one ounce of aquafortis into a bowl or saucer ; drop in two copper cents ; when effervescence ceases, add two ounces of strong vinegar. If it smart too severely, add a little rain-water.

GREED OF GOLD.

WHEN Napoleon, about 1811, desired to build a palace for the King of Rome, near the barrier de Passy, the shop of a poor cobbler, named Simon, stood in the way. Simon having learned what was going on, demanded twenty thousand francs for his tenement. The administrator hesitated a few days, and then decided to give it; but Simon, goaded by the god of gain, now asked forty thousand francs. This sum was more than two hundred times its value, and the demand was scouted. An attempt was made to change the frontage, but being found impossible, they went again to the cobbler, who had raised his price to sixty thousand francs. He was offered fifty thousand, but refused. The Emperor would not give a franc more, and preferred to change his plans. The speculating son of St. Crispin then saw his mistake, and offered his property for fifty thousand francs, forty thousand, thirty thousand, coming down at last to ten thousand. The disasters of 1814 happened, and all thoughts of a palace for the King of Rome were abandoned. Some months after, Simon sold his shop for one hundred and fifty francs, and in a few days after the sale was removed to an insane asylum; disappointed avarice had driven him crazy.

"There was an old man," says an Eastern parable, "who had abundance of gold; the sound of it was pleasant to his ears, and his eye delighted in its brightness. By day he thought of gold, and his dreams were of gold by night. His hands were full of gold, and he rejoiced in the multitude of his chests; but he was faint from hunger, and his trembling limbs shivered beneath his rags. No kind hand ministered to him, nor cheerful voices made music in his home. And there came a child to him, and said: 'Father, I have found a secret. We are rich. You shall not be hungry and miserable any more. Gold will buy all things.' Then the old man was wroth, and said: 'Would you take from me my gold?'"

Many years since, a seafaring man called at a village inn on the coast of Normandy, and asked for supper and a bed. The landlord and landlady were elderly people, and apparently poor. He entered into conversation with them, invited them to partake of his cheer—asked them many questions about themselves and their family, and particularly of a son who had gone to sea when a boy, and whom they had long given over as dead. The landlady showed him to his room, and when she quitted him, he put a purse of gold into her hand, and desired her to take care of it till the morning—pressed her affectionately by the hand, and bade her good night. She returned to her husband, and showed him the gold. For its sake they agreed to murder the traveler in his sleep, which they accomplished, and buried the body. In the morning early, came two or three relations, and asked in a joyful tone for the traveler who had arrived there the night before. The old people seemed greatly confused, but said that he had risen very early and gone away. "Impossible!" said the relations. "It is your own son, who is lately returned to France, and is come to make happy the evening of your days, and he resolved to lodge with you one night as a stranger, that he might see you unknown, and judge of your conduct toward wayfaring mariners." Language would be incompetent to describe the horror of the murderers, when they found that they had dyed their hands in the blood of their long-lost child. They confessed their crime, the body was found, and the wretched murderers expiated their offense by being broken alive upon the wheel.

A London shipping merchant, on a beautiful May morning of 1862, was found dead in his chamber, with so horrible an expression on his countenance, that the persons who first entered the apartment instinctively turned away their faces in uncontrollable terror. Death had given him but a minute's notice, but it was a minute of sane consciousness that he was leaving four millions of dollars; that he would instantly stand before his Maker, to give an account of his stewardship; and that through a long life he had made it his boast and a consistent practice: "I never bestow a penny in charity."

Strive, reader, against the "greed of gold." It is a merciless tyrant, and in the end not only kills the body, but destroys the soul.

“PRESERVES”

ARE sometimes deadly poisons, in consequence of the improper material of the vessels in which they are made or are contained. If made in copper or brass kettles, the utmost and closest attention should be given, to see that every spot the size of a pin should fairly glisten by vigorous and thorough scouring. But even this will not avail if the preserves themselves are imperfectly sweetened, or are not thoroughly cooked. A defect in either case will result in corroding the cans or jars in which they are put for keeping. This corrosion makes chemical combinations which are fatal to life, or lay the foundation for long, distressing, and obscure diseases. The only perfectly safe preserve-jar is that which is made of glass. All others ought to be discarded. They are cheap, more easily and more perfectly cleaned, and with reasonable care, will last a lifetime. And as every family with any claim to thrift, respectability, and hospitality, aims to have more or less of “preserves” for the winter months, the fact of having safe “preserves,” as to health, is of very general interest; otherwise they are no “preserves” at all, but “destructives” alike to health and even life. It certainly would be better to have none at all, for they tempt us to eat when we do not feel much like eating, especially at tea-time, and thus aid in making many miserable dyspeptics; but as “thrifty housewives” will have them, it is well to instruct the public as to the best means of having them free from actual poison. It is to be hoped that no intelligent, conscientious person will keep preserves in any other vessel hereafter than those of glass. The jars should be made of “blown,” not pressed glass, and if uniformly thin, are less liable to break by the fermentation of their contents.

But as external air will cause fermentation, every jar should be made perfectly air-tight. Cork alone can never do this, unless a trench is dug in a good cellar and the filled jars are put in, mouths down, and then well covered with earth or sand. A better plan is that advised by the *Scientific American*. Waxed cloth tied over the jar is a substitute at once cheap and effective, and we have never found any thing superior to it. Prepare the cloth thus: melt together some rosin, beeswax, and tallow in equal parts; tear the cloth in strips four inches wide, or at least wide enough conveniently to tie over the mouth of the jar, and dip these strips, drawing them through the hot wax and stripping nearly all the wax off. With cloth thus prepared, after the jar is filled with hot preserves, and while still hot, close the mouth and bind it on with good linen cord. Then with shears trim off as much of the waxed cloth as is desirable, and then dip it in some melted wax, which should be made with only about half as much tallow. Sealing-wax may be used instead if desired. The jars should be put where the wax will cool at once, so that the exhaustion, caused by the cooling of the preserves and the condensation of the steam, may not cause the wax to run through the cloth. Nothing can be more thoroughly air-tight than bottles so prepared.

Self-sealing air-tight glass jars, which are now so common, are the best vessels for securing preserved fruits, but the above is good advice to those who have plenty of common glass jars and bottles.

SUNDAY DINNERS.

MANY a man has the courage to march to the cannon's mouth, and yet fails to resist over-indulgence in eating. He who has an intellect peerless among the generation in which he lives, becomes an imbecile at the dinner-table. The great Jonathan Edwards endeavored for two years to eat only as much as would meet the wants of the system; but day after day he found himself conquered; day after day he made the same record of these attempts—"failure!" For two years he went to his meals each day, resolving he would not eat too much; for two years he came away from the table forced to confess his convictions that he had "exceeded." When he had eaten a decent dinner, his common sense told him to desist; but then his uncommon sense would step in and say: "I shall be somewhat faint if I leave off now." So he would not leave off, and "in three minutes afterward I am convinced of excess." If such great minds have so little control over their appetites, it can not be wondered at that the less gifted, that the masses should abandon themselves to over-indulgence in all their propensities. Excess in eating may be avoided by taking three regular meals a day (nothing between) in a private room—having such an amount sent as observation shows can be eaten, and still leave a desire for more. For fifteen years that was the practice of that beautiful character and eminent philanthropist, Amos Lawrence, of Boston. There is wisdom and health in the practice of some who habitually avoid eating meat of any kind every Friday. A better plan still, quite as sure of religious profit as of physical advantage, is to take nothing for breakfast or supper on the Sabbath-day but a piece of cold bread and butter, with a single cup of weak coffee or tea, or other hot drink, taking at one P.M. a single bowl of any kind of soup, with the crust of cold bread broken into it. This can be taken to the utmost amount desired, for the nutritious material in it is so small that the sense of oppression induced by an equal bulk of a promiscuous meal is not experienced, or if so, it is slight, momentary, and harmless. If such a system of eating were adopted in families on the Sabbath, taking not an atom of any thing between meals, an amount of human suffering and sickness would be prevented, which to the multitude would be absolutely incredible, could it be expressed in numbers. Let the reader try it for a single day on himself, and see if he will not have a feeling of wellness on that and the succeeding day, which is delicious in its physical results, and prevents the indecorous and overpowering sleepiness which is so antagonistic of the profitable and enjoyable service which is proper to the sanctuary. It was an expressive saying of that gifted and model minister and man, the Rev. Dr. James W. Alexander, that "too many of us, by reason of 'Sunday dinners,' were more like gorged anacondas than any thing else, and thus became totally unfit for the afternoon service." He who deprives the body of one day's rest in seven, a Divinity has ordered in wisdom and mercy, will always suffer for it sooner or later now and hereafter; so the man who gives the stomach no rest, never will live out his appointed time, and will be miserable while he does live.

MARRIAGE.

MARRIAGE is the natural state of human kind. There never can be lasting good health without it; it is an impossibility, except combined with criminal practices. A person may live in good health to the age of twenty-five, but if marriage is deferred beyond that, every month's delay is the eating out, more and more, the very essence of life, and the worm of certain disease and premature death burrows the more deeply into the vitals. On the other hand, marriage not later than twenty-five, prolongs life. It was for this reason, noticed some three thousand years ago, that the ancients dedicated a temple to Hymen, the god of youth; that is, "to the deity which prolongs youth." Men and women get older more rapidly when they remain single, and die off more rapidly; the men from falling into dissipated habits and irregularities. The woman, true to nature's instincts, and living in her purity, grows less and less vivacious, and by slow degrees settles down in inaction, in feebleness, and premature decline.

As long as a man is unmarried, he feels himself unfixed, unsettled; and keen business men consider him insecure, because he can any day pack up his trunk and disappear. The most magnificent swindlers in Wall street, those for the very largest amounts, were unmarried men.

There has always existed, from very early ages, a general and almost instinctive prejudice against those who remain unmarried after thirty. Lycurgus legislated against celibacy, and Cato outlawed female celibates at twenty-five, and bachelors of thirty-five. It was a creed of the earlier nations, that the souls of those who died unmarried, were doomed to eternal wanderings.

In the present state of society, if the daughter should be encouraged to marry at twenty-one, and the son at twenty-five, vigorous health and moral purity would be promoted thereby. Pride and cowardice join in delaying marriage; but let the fearful statistics of the larger cities of the world tell the sad story of demoralization. In Milan there are thirty-two illegitimates out of every hundred children born; in Paris thirty-three, in Brussels thirty-five, in Munich forty-eight, in Vienna fifty-one.

Out of every hundred suicides, sixty-seven are single, thirty-three married.

Of the hapless insane, out of one hundred and seventy-two, ninety-eight were single, seventy-four married.

Celibacy is a constant cause of premature death. Of one hundred and twenty who are forty-eight years old, eighty will be married, only forty single. In one hundred single men, only twenty-two will live to be sixty years old. Of one hundred married men, forty-eight will live to that age. Of a dozen men of eighty years, nine will be married, three single. Not only marry young, but marry out of your family. The effects of marrying cousins, for example, even to the third degree, are fearful to contemplate. Of one hundred and fifty-four cousin-marriages, in Dublin, there were one hundred deaf and dumb children. Dr. Buxton, of Liverpool, states, that in one hundred and nine such marriages, each family had one deaf and dumb child; thirty-eight of them had two deaf mutes; in seventeen there were three; three had four; one had six; one had seven, and one had eight deaf mutes — that is, two hundred and sixty-nine children born deaf and dumb, to one one hundred and nine cousin-marriages. The consanguineous marriages in France are two per cent of the whole population. Of their children, twenty-eight per cent are deaf mutes in Paris, twenty-five at Lyons, thirty at Bourdeaux; while as to the Jews, twenty-seven per cent of the offspring of such marriages are deaf mutes, one sixth per cent of Christian parents; Jews oftener marrying blood relations.

In England, where Bible teachings more than in any other country prevail, and discountenance consanguineous marriages, as well as private profligacy, only six per cent of such children born are deaf mutes, instead of thirty, as when the English do marry relations, they are more distant; and only six per cent of those born are illegitimate, instead of fifty-one per cent, as the direct result of the teachings of that blessed book.

BEAUTY AND MEDICINE,

NEVER before prescribed in any book or newspaper or magazine, but known in the silent experiences of millions to be almost miraculously reviving, and which, if unexpectedly "exhibited," (the official expression for giving a dose of medicine,) would be more instantaneously and safely efficient in the dreary hospitals and barracks, where so many of our poor soldiers, brave and patriotic, are languishing day after day, by waking up the sinking or exhausted powers, than all the pills and potions in the universe. In its good effects it is infallible, perfectly safe, and always unmistakably agreeable; it thrills the whole man, physical and moral, with delight. In one respect it is curiously different from any other medicine. A single pill, potion, or powder of the apothecary serves only for that once and for a single individual, but this new medicine, which, as far as we know, HALL'S JOURNAL OF HEALTH is the first to bring definitely into public notice, goes a great way; it is capable of infinite (not "infinitesimal") extension; it goes further, by a million times, than the Hahnemann's millionth "dilution." The same potion will benefit each of a thousand sick soldiers as much as it will benefit one; and that identical potion can be used by any other thousand soldiers, and other continuous thousands, with the same happyfying results. The greatest drawback is, that it is not the most plentiful thing in the world; still, it is more or less abundant in any five miles square of cultivated soil. When the hospital-surgeon takes his regular daily morning rounds, let him be followed by

A pretty girl with laughing curls.

That is all, reader; and it is a sober truth, every word of it. But to make a more specific and practical application, let half a dozen girls, tidily dressed, with countenances beaming with youth and gladness and genial sympathy, pass through the wards of any hospital of soldiers at a regular hour every morning, each having on her arm a large basket of *small* bouquets, so as to go the further, and each followed by a servant with a hamper filled with baskets of berries; a basket or a bouquet to be handed to each patient by the sweet visitors, accompanied with a single, kind, sympathizing or encouraging word. The unexpected sight of a beautiful little flower in the desert, waked up into courageous and life-saving effort the desponding and dying Mungo Park. A ship's crew, cast away on the bleak and frozen shores of the Arctic sea, dug out of the dreary snow-bank the handle of an old pewter spoon, and on turning it over and seeing the name of "London" on it, which they had left three years ago, they burst into tears, and with these came new resolves to brave all dangers until danger should be past, which they did. The sight of an old bonnet, in the early days of California, unexpectedly come upon by a company of sad and weary and disappointed miners, so roused their sinking spirits, that with a yell and a hurrah they formed a ring, and with uproarious songs, danced around the dilapidated remnant of a higher civilization. Within a week, a gifted lady presented a clean muslin handkerchief to a sick soldier in the hospital. With his trembling fingers he spread it out before him, and buried his face in its folds in silent, long, and inexpressible delight. When one of the public schools sent a cart-load of bouquets, deputing a dozen or more of the prettiest scholars to distribute them among the sick soldiers in the Park barracks, a month ago, the effect was so electrical and overpowering on the men, expressed in various ways, that some of the bystanders could not refrain from tears. And all this because both the flower and its bearer carry the mind back to home, its sweetness, its purity, its affection, and its sunshine, and wakes up a new ambition for life and a determination to live down the present sorrow, so as to drink in again the joys and the sunshine of home once more. These are sober facts, scientific facts, founded in human nature, and they ought to be made use of. Who does not know that such a visitor, expected at a given hour at any hospital, would be an event to be looked for with pleasure, and would be prepared for by greater and greater attempts to make and improve the toilet more and more early in the day? An influence would go out more efficacious than any exhortation or command or threat in promoting tidiness and cleanliness on the part of the soldier himself. It may seem a trifling joke, but it is a sober reality, and could not possibly fail of a largely beneficial application. Why, a dying patient was once waked up into life from the fatal lethargy of typhoid by the sudden and unexpected entrance of an old sweetheart. Beauty is a power; we feel it in our bones every time we come in sight of it; and we verily believe that the older we get the worse we are in this regard. Wonder if it is so with other young men of our age?

NOTICES.

LO! THE POOR SOLDIER!

THE humanity of several ladies has prompted the organization of a society for the relief of Pennsylvania soldiers, in this city; and as that State is one of the largest patrons of our journal, it may answer a good purpose to say to them especially, that the contribution of a single half-dollar, in postage-stamps, will secure some item of material comfort—it may be to a neighbor, a friend, a cousin, a brother, a son. If you could know what warm thanks are sometimes bestowed upon the donors of a single orange or lemon, or a common cucumber-pickle, by men wasted with burning fever, or commencing scurvy; or what earnest expressions of gratitude have been made for a pair of darned old stockings, or holey cambric handkerchief, or old hat, or cane, by men who have reached here lame, without a hat, without a shoe, with nothing but shirt and ragged drawers. If these things could be known and witnessed by the notable housewives of the country, and by their warm-hearted daughters, known and witnessed as they really are every day in this city, we are sure that every home of every patriotic heart would be searched from garret to cellar for articles of clothing, a good deal the worse for wear, and which consequently could be spared, without a sacrifice worthy of mention, and thus an urgent good be done, without a felt cost. Let those who do not keep house send a few postage-stamps to “The Pennsylvania Relief Association, 176 Fulton Street, New-York;” or if by letter, address it to

MRS. DR. W. W. HALL,

Corresponding Secretary,

Care of Box 3349, New-York.

Among the first and most liberal of the benefactors of this Association are the wives of some of our wealthiest and most esteemed citizens. Mrs. William H. Aspinwall, by her contributions of money and clothing, and which is quite as valuable, by her warm, personal interest, and sincere words of approbation, encouragement, and good cheer, has shown herself a worthy wife of a worthy and high-minded and patriotic merchant, who, while other men have taken advantage of their country's emergencies, to make enormous charges for their services, and to swindle her in their contracts, has given the entire profits of his contracts, counting as nothing his time, and credit and risks amounting to tens of thousands, to the national treasury. Mrs. Robert Haydock, Mrs. General Wadsworth, and Alice Whitall, of Morristown, Pa., have been generous donors, while Mrs. Dr. Tyng, Mrs. Thomas I. Atwood, Mrs. Tatum and others, have not only given money and clothing, but large personal attention at the hospitals, in attending to the wants of the sick and suffering from their native State. Will not the daughters of Pennsylvania every where say: “Go on, sisters! and we'll help you”? Your Governor Curtin has found time to confer with the managers here in New-York personally, and has given the enterprise his countenance and his counsel; and with his accustomed self-denying and outshining patriotism and devotion, said to the ladies: “Secure your building, and I will pledge our State for the means of payment.” The articles most imperatively wanted are good woolen shirts, woolen drawers, woolen socks, woolen wrappers, and woolen bandages; jars of pickles, cans of preserved meats, condensed milk, desicated vegetables, Boston crackers, papers of starch, farina, etc.

CURRENCY TABLE.

One blue Franklin is worth,.....	1 ct.
One yellow, " ".....	30 cts.
One pink Washington,.....	3 "
One green, ".....	10 "
One black, ".....	24 "
One blue, ".....	30 "
One chocolate Jefferson,.....	50 "

Of the new stamp currency-notes there are four in number. The five and twenty cent stamps will be brown; the fifteen and twenty-five green.

PATRIOTS.—P. T. Barnum, with his usual liberality, has given five hundred dollars to the enlistment fund. Reader, go to "the Museum," next time you come to town. The beautiful aquaria are alone worth twenty-five cents to see.

GROVER AND BAKER, of sewing-machine notoriety, have given five thousand dollars. Remember that! you who are so far behind the times as to be yet without that most invaluable of all family-helps, a sewing-machine. But a higher honor is due to the inventor of all sewing-machines, and worthily the richest man in Connecticut, Elias Howe, Jr., who has not only given two thousand dollars for bounties, in addition to large sums before, but has become a private soldier himself, and thus has exhibited one of the very highest types of patriotism.

SOLDIER'S PAY.—A private enlisting under the new call for volunteers, if the war should close within twelve months, would receive, besides his regular rations and clothing, the following amount of money:

State bounty,.....	\$50
Government advance bounty,.....	27
One month's advance pay,.....	13
Pay per year,.....	156
Government bounty at close of war,.....	75
Total,.....	\$321
Rations nine dollars per month—one year,...	108
Clothing about,.....	20
Total one year's pay,.....	\$449

This is exclusive of whatever bounty may be bestowed by individual patriotism; exclusive too of the proud consciousness of having periled health and limb and life itself in the hour of our country's trial. Let burning shame be to all laggards now.

SHOW YOUR COLORS NOW, by standing by the authority of the Government and eternal right. Let "precedent" be considered of secondary importance; let the Constitution itself, *as you interpret it merely*, be secondary. Whatever the authorities consider "constitutional" should not only be assented to by every good citizen, but should be sustained by his words and acts and influence. If he can not do these things conscientiously, let him be mute as a mouse, under the "violent presumption" that he is a fool, and has no better sense. For a sensible man will always diffidently mistrust the correctness of any opinion of his own, when he sees it is opposed to that of men of higher abilities.

"QUARE?"—What has all we have said about war to do with a "Journal of Health"? Suppose it has nothing to do with it, the Editor takes the bit in his mouth, and bids defiance to reins, "traces," shackles, harness and all. This is the time for acting up to the emergencies of the occasion, and to let all precedents go to the dogs, unless they demonstrably, at first glance, clearly contravene the self evident laws of human right and national existence. But this subject has something to do with health; for war maims its thousands; shatters for life the constitutions of thousands more; while the victims of camp diseases number tens of thousands, ay, scores of thousands; and we propose to *prevent* further calamities of this sort, by adopting the very first principles of all medical practice from the earliest ages down to the present hour; and that is, "*remove the cause*" of the disease first; until this is done, any attempt at a cure is utterly, absolutely, and always perfectly useless. The cause of the war, as all know, or ought to know, is "Slavery," as it exists among us. Remove it then to-morrow, by proclamation, and cause the reality to follow in due time, by keeping a million of conscripted, unmarried men, from twenty to thirty-five, in the field, *all the time*; as fast as a single man is rendered incapable from any cause, let his place be supplied from a reserved corps of conscripts, kept ready for marching orders at an hour's notice. Let this be the tune to which this war is set, and a million of men will be ready to march to its step in twenty days, and will sweep into the Gulf every enemy from the shores of the Atlantic to the great Pacific sea. When that is done, it will be plenty of time to inquire, "What shall be done next?" THE ANSWER TO ALL SUCH INQUIRIES SHOULD BE LEFT TO THE EXIGENCIES OF THE HOUR. Had this been done in the beginning, this war would have been ended triumphantly for human rights, and for the glory of our nation, before now. Let the creature do right always, and always will the benign Creator stand by him in the same, and will deliver, defend, and bless. This has always been the case with nationalities, and can never be otherwise, because "HE doeth his pleasure in the armies of heaven, and among the inhabitants of the earth," and "His pleasure" must always be the reward of right. Since the foregoing was sent to the printer, the President has called out six hundred thousand men in addition to those in the field. We wish every man from twenty to sixty had to draw, because most of the rich are beyond forty-five, and they are the very ones who could afford to pay a good price for able-bodied substitutes; these substitutes should be unmarried, between twenty-five and thirty, about five feet ten, and weighing not over one hundred and sixty pounds. Men of such a physique have strength and endurance. Boys under twenty-one are of very little account as soldiers; they soon get sick, and then some other soldier must take care of them.

BRAITHEWAITE'S RETROSPECT, for July, 1862—semi-annual, \$1 25, two dollars a year, by W. A. Townsend, 39 Walker Street, New-York — Part 45, contains, as usual, the progress of medical science throughout the world for the preceding six months, in 152 different practical articles.

"SLEEP."—A second edition of our book on "Sleep," 360 pages, 12mo, \$1.25, by mail, \$1.40, is called for, and is now ready. It is the only book ever published for popular reading, which is truthful and wholly reliable as to a number of subjects connected with the hours of sleep. It is just such a book as every family ought to possess and ought to heed. If its suggestions were practically carried out, even as far as reasonably practicable without any expense of money, they

would add to the lifetime both of parents and children, and would largely and infallibly promote the happiness, the moral purity, as well as the comfort, health and substantial thrift of every household.

In 1768, ninety-four years ago, the people of New-York had great faith in country air, for "Old Doctor Tillery took the boy (a sick son of Robert Bruce) up into the country." That is to "the house of entertainment, at the sign of the Black Horse," corner of Broadway and Barclay Street.

EXEMPTION FROM DRAFTING.—All under eighteen, and all over forty-five years of age. All able-bodied men between those ages are liable to drafting; and they are "able-bodied," unless they have some physical disability. But what is physical disability? The Surgeon-general, Adjutant-general Hillhouse, in a recent order, declares that physical disability should in all cases be established to the satisfaction of the enrolling officer by a physician's certificate, as well as the affidavit of the party. He mentions the following imperfections as proper causes of disability: "Wounds of the head, which impair the faculties or cause convulsions; serious impairment of hearing, speech or vision; ankylosis, or active disease of any of the larger joints; the presence of pulmonary disease or organic disease of the heart; irreducible hernia; fistula in ano; large hemorrhoids; large and painful varicell or varicose veins which extend above the knee; the loss of a limb, or the thumb and forefinger on the right hand, or of any two fingers on either hand; the loss of the great toe; any marked physical imperfections which would unfit for active service."

Notice! Persons under eighteen and over forty-five are not *liable* for military duty or drafting. Such need not concern themselves about filing papers, getting certificates, etc.; they need just do nothing; for even if drafted, they would be at once relieved on proving their age. Hence such persons are not only "exempt," they are more, they are not "*liable*." "Exempts" are able-bodied men between eighteen and forty-five, who from some physical infirmity, or from some office or calling, are excused. Even if a man is drafted, and draws a ticket to go to the war, he can hire a substitute, who must be a well, sound man, over twenty-one, and under forty-five. An exempt must be between eighteen and forty-five; the chief classes of exempts are "Shakers," Friends or Quakers, clergymen, school-teachers, mail stage-drivers or mail-carriers, telegraphic operators, engaged as such on or before the fourth of August, 1862, professors and students in all colleges or academies of learning, all persons honorably discharged from the army or navy of the United States, and all members and officers of Congress or State legislatures, or state or general government officers, or those engaged in the Post-office service.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. IX.]

OCTOBER, 1862.

[No. 10.

CURIOSITIES OF BREAD.

THERE is Divine authority for saying that "bread is the staff of life." As to food, it is our mainstay; we never get tired of it; it is always palatable when we are hungry, as is cold water when we are thirsty. But cold water is made more refreshing, and bread is made more nutritious, by the introduction of a gas which, if breathed into the lungs in its unmixed, pure state, causes instant death!

We turn with disgust from eating any thing that is rotten, that is, in a state of decay; and yet, in the middle of the nineteenth century, the "loaf" upon our tables is itself rotten in part; the product of rottenness and whisky! But a new light has risen upon our world, for bread is now made which contains no alcohol, which does not require any putrefactive process, contains no alum, nor soda, nor saleratus; no emanation from the sweaty hands of a greasy cook, nor aught of those ten semi-circular lines of black which bound the digital extremities of the queen of the kitchen; nor does it ever become sodden or sour. This new bread is made of flour and water, into which, when mixed, is forced carbonic-acid gas; which, although so deadly to the lungs, makes all the difference between the sparkling water of the spring and the flatness of long-standing water, or that which has been once warmed; furthermore, from the time the flour is taken from the mill until the loaf is baked, human hands do not touch it.

Now, however much the mouths of our country friends may

water at the very thought of so deliciously pure and clean an article, they must prepare themselves for some disappointment at the announcement, that it *is said* not to be economically made, except in large quantities. If every family made its own bread in this way, the great big bakery, like the Unitarian free-love home which flourished like Jonah's gourd on the opposite side of the way, would collapse immediately, if not sooner.

But how has "light bread" been made hitherto? By the aid of this same carbonic-acid gas, and in this wise: If water is mixed with flour simply, and the dough is thus baked, it is as heavy as lead, and as hard as a rock; because the flour is so fine, the particles lie close together, and form a compact, sodden mass; hence, it became necessary, in order to have the bread "light," to introduce something between the particles of flour, so as to keep them apart, and allow the heat to get around them and "cook" them. To accomplish this, an agency was necessary, as subtle and unsubstantial as thin air itself; otherwise, the heat would be kept away from each particle of flour, and would as effectually prevent the process of cooking as would the flour itself. To this end, some ancient gourmand set his wits to work, or else by some fortunate accident made the discovery, that "rising," or "yeast," introduced into the dough, and allowed to remain for a few hours, accomplished the object. Whether he got out a patent forthwith, or more generously spread his knowledge on the wings of the wind—as we doctors do, as soon as we are satisfied beyond all mistake or cavil that some valuable new remedy has been discovered—can not now be known; at all events, the patent has long since run out, and yeast and rising and leaven are all public property.

Fermentation and rotting are the vulgar and select names for one and the same thing, meaning "destructive decay," decomposition. When a thing is fermenting, bubbles are seen forming and rising and breaking; each bubble contains a light, thin air, called carbonic-acid gas; this gas, when a little warmed, begins to rise up through the dough, and would go up to the sky instantaneously, but it can't get out; it is a regular prisoner of war; it is literally bagged, surrounded, sewed-up, cabined, cribbed, confined; as helpless as a baby until it gets big, then it breaks away in high dudgeon, *volens volens*, and scampers

off to the regions of space. In the mean time, however, the bread has baked, and there is no further use for the prisoner at the bar; in fact, the more speedily he makes off with himself the better; for only until he has teetotally vamoused the ranche does the bread become "stale," and really fit to eat, healthfully speaking. Hence the propriety of exposing a new-baked loaf to the air.

But what prevents the carbonic-acid gas from escaping the instant it is formed? Flour contains a kind of glue; the gas rising, is caught by this glue, in the manner of pushing your finger upward under a spread newspaper, or the blowing up of soap-bubbles; each particle of gas expands as it gets warmer, and tends to carry away the detaining particle or sheet of gluten before it; and thus is made the numerous honey-comb cells which are seen on a cut loaf of bread. The eye can even discover, on the side of a large cell, a glazy or shiny lining; this is the dried gluten, bladder-like.

If the heat is too great, the carbonic-acid gas expands too rapidly, and bursts its envelope, as soap-bubbles will burst, if you blow too hard, and the bread will be heavy. If there is not warmth enough, the dough begins to decompose, to rot itself, and the bread is sour. But in the new process, the gas is forced in at once; and from the time the dough is mixed, until the bread is delivered from the oven, one hour passes. Hence, as no sour rising or yeast is put in the dough, there is nothing to communicate its sourness, and no time is allowed for fermentation to be originated. This is the only known method of producing absolutely pure wheaten bread of nature's own constituents; and doubtless the time will come when means will be devised for making "aërated bread" economically in families.

A GREAT DIETETIC TRUTH.—The distinction between natural and artificial aliments, tonics, invigorators, etc., is this: the same amount of vigor or refreshment is uniformly imparted by the natural; half a pint of water will as effectually satisfy thirst to-day as it did twenty years ago or will twenty years to come, and so will a pound of bread as to hunger; but the unnatural, the artificial, as opiates, drugs, liquors, tobacco, etc., require to have constantly increasing quantities and in diminished intervals to have a given effect.

 Next page (228) is continued from page 200.

Grey did fly around, for he knew by Johnson's manner all he bought that day would be cash to him. Tea, sugar, coffee, and soda were weighed out and tied up with almost lightning rapidity. A sack of flour was dragged from the back-room, and a cake of tallow and a pail of lard. Then calico was measured off, and muslin, and three pairs of little shoes done up, and then he paused a moment and said: "Any thing more?"

"Reckon up these, first."

"Nineteen dollars and fifty cents."

"Well, I guess I'll take the half-dollar in salt, pepper, cassia and nutmegs, and make it even. There," laying down four fives, "there goes my last dollar; but never mind, I'm square with the world now, and got something in the house besides. Could I borrow your wheelbarrow to trundle these things home?"

"Seventy dollars! what a godsend!" and the merchant added them to the four hundred. "If I could only raise thirty more—ah! Mrs. Benton," bowing politely to the minister's wife; "what can I do for you, to-day?" His heart lightened as he heard her ask for a pound of his best tea. That would put one dollar in his till, for he knew she never bought on credit. "A dollar's worth of sugar, fifty cents' worth of candles, four pounds of butter, eight pounds of lard—that's four dollars," he thought, as he weighed them. "Any thing more?"

"At the other counter, if you please."

Two pairs of children's shoes, calico for two dresses, muslin, linen and buttons for two shirts, come to six dollars—ten in all."

"Mr. Benton will call for the groceries; I'll only take these now," and handing him two fives, she started to go.

"Eighty dollars to-day—I must be in luck surely," and the merchant hastened to add the bills to the roll in his desk.

"Only twenty more, and I could weather the storm. Ah! Mrs. Nelson," bowing to the doctor's wife, "any thing in my line to-day? Shirting muslin? yes, I've some; some very nice," and he threw down half a dozen pieces.

"A whole piece, that's four dollars," he thought, as he laid it aside. "Children's shoes?"

"Yes, ma'am; some that I can warrant, too. Both pairs," and he tossed them into the piece of muslin. "Something for little boy's pants." "How'll this do? four yards, did you say? Something for jackets—here's the very thing—three yards—I'll throw you in the buttons and thread. Any thing else—ten dollars and a quarter—call it ten to-day, as it's cash down," and he bowed her out, and with a heart almost like a feather, placed the two fives in his desk.

"Ten more, and I'm saved. Ah! Mrs. Glenn, good evening;

what can I show you? Cloth for pants—got the very thing, if it's for your husband; no shoddy about that," and he took it to the window that she might examine it the more closely. "I'll warrant it—three yards, did you say? I'll throw in lining, too," as he counted out buttons and flung down the thread; "I don't often do it these hard times. Red flannel, all wool; yes, some very soft, too; just the thing for weakly folks. I'll throw in silk to make it," seeing her hesitate a little. "There, just pick out all you think it'll take—don't leave me much profit, but—nine seventy-five—that pair of baby's shoes forty cents, but I'll call it twenty-five, and make it even change."

"Saved—saved at the last moment," and he hastened to write his letter, and then depositing the bills in it, he carried it to the office, running every step, lest the mail should be made up. An hour later, and he was singing to little Charlie as he hadn't sung for a fortnight, and jumping the little fellow till the young mother declared every bone in the child's body would be broken. "I'll risk him," said the happy father, tossing him again quite to the ceiling; "I'll risk any thing to-night. Wasn't it a providence, though, Nelly, that at the very last hour a hundred dollars should have been paid in? How on earth so much money got into the village, just then, is a mystery to me. But for *it*, where should we be now?"

Backward and forward went the Boston merchant; his steps were quick and nervous, and then slow and irresolute. Every few minutes he glanced at the clock. How swift went the hands. Now it strikes two. Another hour and his fair name, his name, that for twenty years has stood unblemished, would be bandied about in the mouths of vulgar men. "And all for a paltry five hundred dollars, a sum that in ordinary times I carried daily about me. What did he say?" to a clerk who entered in breathless haste. "'Nothing over'—there goes my last hope, for that Grey will pay up, is out of the question. If we city merchants are so crowded, what a strait those poor country fellows must be in!"

Backward and forward he walked again—the clock struck the quarter. "Mail is distributed by this time. Run, John, to the office, and if there is a letter, fly with it. Pshaw! why did I send him? It's shoe-leather worn for nothing. Five minutes—ten minutes—Heavens, why don't he come? it may as well be over now—a letter, pshaw—quick," and he tore it open. Without stopping to read it, he grasped the bills and counted. Then seizing a roll from his desk, and jerking his hat from its hook, he ran, yes, fairly ran to the bank. The five thousand dollars were counted out by the teller, his note was given up, and he was half-way home when the clock struck three.

"I couldn't wait till dinner-time, Lizzie, I couldn't wait," he exclaimed, clasping a beautiful woman in his arms. "I've run every step of the way to tell you the news. We're saved, we're saved."

Two firms saved from failure—four families rescued from want, and how many, many hearts made light and glad by the self-sacrifice of one farmer's wife! Oh! this "making do" is verily, we believe, the best and cheapest remedy for these hard times that crush us all so terribly. Suppose we try it, not one, but all of us. It is said that a pebble thrown into the ocean causes a vibration that does not cease till the opposite shore is touched. How far may not one dollar, saved from family expenses, and turned towards the payment of our honest debts, how far may not *it* go towards bringing back to our loved and beautiful land the good times for which we are all sighing! Why not make pebbles of our dollars, and cast them hopefully into the great ocean of want?

NOTICES.

FRIENDS' REVIEW; weekly. Philadelphia. Three dollars a year. A Religious, Literary, and Miscellaneous Journal. Samuel Rhoads, editor—completing its fifteenth year, is giving a series of most valuable papers in reference to the early history of Maryland, in one of which it is stated that so early as a hundred years ago, one of the eighteen questions put to each individual at Friends' yearly meetings, was the following, number four: "Are all careful to keep their word, and pay their just debts and contracts in due time?" Who does not wish that the whole world was full of practical Friends, especially in this most important regard. "It would make a world worth living in," as wifey, at our elbow, this moment expressed herself. The biographical papers relating to David Cooper are worthy of being read and pondered on by every human being. He was great in his goodness (as Gurney, the personal friend of Legh Richmond, so known and revered by the "bishops and other clergy" of the Church of England, that they gathered around his funeral-bier, and testified, "Our brother is dead.") A right good stock for our children to hail directly from, and further improved by the sturdy Calvinism of their father.

EXCURSIONS.—Among the floating palaces of the Hudson, is Captain A. L. Anderson's new model steamer, the "Mary Powell," running up every afternoon some ninety miles, and returning by eleven o'clock next morning, enabling hundreds of our citizens to pass their nights on the banks of the glorious river, inhaling the delicious breezes, as they come up from the sea, away from the noise and dust and care and suffocating city heat. The successful enterprise of establishing this line of travel, so invaluable to multitudes of our citizens, conveys an instructive lesson to young men every where; for the Captain has not only accomplished a great public good, but has made for himself many friends, by a happy combination of business characteristics which, while in the reach of all who deserve success, are pretty sure to secure it in almost any department of legitimate business; indomitable energy, unswerving integrity, and firmness of purpose, joined with an accommodating courtesy. These are the qualities which have secured for Captain Anderson a comfortable fortune, and what is still more valuable to himself and children, a good name.

BRITISH LITERATURE.—Leonard Scott and Co., No. 79 Fulton street, New-York, for ten dollars a year, furnish a reprint of the following Reviews: *London*, *Edinburgh*, *North British*, and *Westminster* quarterlies, with *Blackwood's* monthly. These publications are written for by the best minds and brightest intellects in Great Britain: they present to their readers a general view of the condition of the world as to literature, politics, and religion, and are well worthy of the patronage of liberal and educated men.

SMALL-POX.

It should be distinctly kept before the minds of the people that vaccination is an almost perfect preventive of small-pox until the age of puberty, (say fifteen,) but that after that time it becomes less and less efficacious until twenty-five, when the system becomes less susceptible to the disease up to thirty-five, when the predisposition to small-pox seems to die out altogether. The specific inference is, that every child ought to be re-vaccinated on entering the fifteenth year.

To show the preventive power of vaccination, statistics prove that before vaccination, or even inoculation, was practiced or known in Boston, to wit, 1721, (the year of its first trial in England by Lady Mary Wortley Montague on her own daughter,) one half of the entire population lay sick of the disease at the same time, and one out of every twenty-seven died of it—which, at the same rate, would kill over thirty thousand persons in New-York City alone—while the total deaths from all causes in a single year was less than twenty-three thousand. In 1792, forty-six per cent—forty-six persons out of every hundred, in Boston, had small-pox at the same time. But a few years later, when vaccination was generally practiced, many city physicians did not see a single case of small-pox in a period of twenty months, and during a period of twenty-eight years less than three persons a year died of small-pox in Boston. During that time the law was, that any person having small-pox should be at once conveyed to a house for that purpose, removed from all other habitations. But in 1838 that law was repealed. From this cause, together with a growing inattention to vaccination, the influx of foreigners, and the more crowded conditions of dwellings, small-pox is becoming more common; and ninety persons died of small-pox the very year after the above law was repealed, and three hundred and eighteen died of it during the twenty-one months ending October, 1860. There ought to be a law compelling vaccination within a year after a child's birth, and a re-vaccination on entering the fifteenth year. One of the greatest difficulties in the way of securing vaccination and re-vaccination, is the want of facilities for getting pure vaccine-matter from a perfectly healthful subject—there seeming to be a very general impression, groundless as is supposed, that the vaccine-matter from a diseased subject will communicate that disease to the person vaccinated, or will in some way have a deleterious effect on the constitution. Some water-cure journals, which are generally read by ignorant and uninformed persons, these unfortunately being the large majority in all communities, have disseminated the doctrine that vaccination is rapidly scrofulizing the civilized world—one of those dogmatic, impudent assertions, which a reckless ignoramus is very capable of making. Reckless enough to say any thing, without having sense enough to prove any thing. It is merely offered as a suggestion, that the Legislature should appoint an educated, experienced, and respectable physician in each county-town and in each ward of every city, whose duty it should be to keep a pure matter always on hand, and who should be paid by the State for every successful vaccination or re-vaccination made. The subject certainly merits the prompt attention of the authorities.

PARENTAL TRAINING.

WISELY affectionate and considerate parents will steadily aim to have every thing about the household so conducted, that their children in after-life may look back upon their father's house with associations full of gladness and sunshine. But in doing this, they will often find themselves conniving at disobedience, winking at neglects, and permitting improprieties, exposures, and risks, which can not be commended. They are often inclined to allow indulgences on which their little hearts are set, which are neither judicious nor exactly right, and quite often are they disposed to risk their safety or their health in order to gratify them. But nothing is more certain to make a home unhappy than when the members of the family are not brought up to daily self-denials; to mutual accommodations, and almost hourly helpings; to promptitude, method, order, and system in all things. Where these things are in common, there is affection, neatness, comfort, cleanliness, convenience, leisure, and general enjoyment. On the other hand, there always will be rudeness, recriminations, bickerings, hurry, waste, unthrift, sooner or later, and a general want of domestic comfort and enjoyment, where the children are but little restrained, are allowed to do pretty much as they please; where personal gratification is their only law; where care and comfort in all things is considered as a matter of course, however much to the inconvenience and the rights of others. I was in daily association with a family of this sort, in very early life, and of five sons who were lavishly supplied with the means of every personal gratification from early childhood, one brother became a double murderer, then killed himself, in which latter respect two others followed his example.

In many little ways is increased labor imposed on servants, and necessary sleep curtailed; and at the same time are the cares and anxieties and annoyances of affectionate parents unnecessarily added to by a careless child, who soils a newly laid table-cloth or clean garment; who leaves the clothing in the spot where it was doffed; the wash-stand is left all bespattered, the basin filled with dirty water, the comb and brush encumbered with hairs and dandruff and grease; while pins, strings, and soiled clothing are scattered about in every direction, to be gathered up and arranged and left fit for use again by other hands. Pity be to the girl who finds a husband, and most unfortunate is the young man who takes a wife, from such a family. Let parents be assured that the more their children are waited on, the less they will learn how to help themselves, the more worthless will they become, the more miserably selfish, the more destitute of any high moral sense, and the more certain to be wholly unfit for any useful place in life. To make a household happy now, and to secure happy recollections of the past, let an *influence* go out from the parents, silent and steady, more powerful than authority or command, which will secure order, system, punctuality, and promptitude, on the part of every member, each one leaving a thing in its place, and fit for immediate use by another, all aiming to help one another as much as possible, and to give no unnecessary or unjust trouble to any of the household, in all things acting with quietude, patience, and kindly courtesy.

WHITLOW.

It is sufficiently near the truth for general practical purposes to say, that a real genuine "whitlow" is a "boil," low down, next the bone, under the "whit-leather"—shall we say a boil under the white-leather, as the origin of the name? This ailment is generally at the ends of the fingers, inside, and is usually caused by pricks, bruises, and burns, but not always; for it has sometimes gone through whole neighborhoods, like measles, mumps, or cholera, and prevails more in winter and cold latitudes. If it is above the whit-leather or *fascia*, a whitlow causes comparatively little suffering; but most to those who, by hard work, keep the skin of the palm and fingers hard, thus making it more difficult for the "boil" to "break," that is, more difficult for the matter to make an opening and escape from the system. These get well of themselves, without leaving any permanently ill effects, if the system is kept free, if the part is kept moist and warm, and nothing is eaten for a few days but bread and water, fruits, and gruels or soups. But real whitlows, namely, where the boil is *below* the white or *whit-leather*, (*fascia*,) become a perfect and unendurable torture, and often cause the decay of the bone or the permanent loss of the use of the finger. To prevent this, and to give instantaneous, permanent, and safe relief, there is only one method which never fails. Get a physician to cut down to the bone, first in one direction and then another, making a cross, the object being to let out the pent-up matter, just as a common boil ceases to pain as soon as the skin is broken and the matter is let out. The matter of whitlow is more perfectly emptied out if, after this "crucial incision," the part is held in warm water for half an hour or more, and is then kept moist and warm by any sort of poultice; and that material is best which keeps moist the longest. There are multitudes of "remedies" for whitlow in the newspapers, every one of which, for real whitlow, is fallacious or impossible; that, for example, of tying a cord around the finger, to "starve it to death," by cutting off the supply of blood, just about equal to a tooth-drawing operation protracted during twenty-four hours! There is nearly always constipation, and the greater the constipation the greater the agony of a real whitlow; hence this should always be removed by injections, or better still, by the free use of coarse breads and fruits and berries, in any and every shape or form. The spot of a superficial whitlow or boil soon begins to turn yellow, but in the deep-seated or only real whitlow, after days and nights of intense pain and violent throbbing of the part, there is no yellowness, the skin is merely swollen or red; besides, the pain of a real whitlow seems to be down to the bone itself, deep-seated, and not near the surface.

SLEEP AND DEATH.

As men begin to be about fifty years old, especially if of sedentary habits, the feeling on rising in the morning is as if they had not gotten enough sleep, not as much as they used to have, and as if they would like to have more, but they can not get it. They look upon a healthy child sleeping soundly with a feeling of envy. But it is curious to observe that there is a bliss to all in the act of going to sleep, a bliss we become cognizant of only when we happen to be aroused just as we are falling into sound sleep; and there are strong physiological reasons to suppose that this state is a counterpart of that great event which is to come upon all, the act of dying. In fact, those who have in rare cases been brought back to life when on its extremest verge, and in several cases as to those who have been recovered from drowning and other modes of strangulation, or simple smothering, called "asphyxia" by physicians, the expressions have been, on coming to consciousness: "How delicious!" "Why did you not let me go?" An eminent name, thus brought back, represented that the last-remembered sensations of which he was conscious were as if he were listening to the most ravishing strains of music. Let us all then cherish the thought that our approach to the sleep of the grave is the strict counterpart of the approach to sleep, of which some nameless writer has beautifully said: "It is a delicious moment; the feeling that we are safe, that we shall drop gently to sleep. The good is to come, not past. The limbs have been just tired enough to render the remaining in one position delightful, and the labor of the day is done. A gentle failure of the perceptions comes slowly creeping over us; the spirit of consciousness disengages itself more and more, with slow and hushing degrees, like a fond mother detaching her hand from that of her sleeping child; the mind seems to have a balmy lid closing over it, like the eye, closing, more closed, closed altogether! and the mysterious spirit of sleep has gone to take its airy rounds." May such be the physical "bliss of dying" to you and to me, reader, with the spiritual added, ten thousand times more ineffable.

From Dr Hall's book on "Sleep." · \$1.25. New edition.

SOLDIER-HEALTH.

THE Sanitary Commission have reported that the general rate of disablements by sickness in the army is one hundred and four persons out of one thousand; whereas, only thirteen out of a thousand should be sick at any one time in common life. A Massachusetts regiment, after being a year at the seat of war, has lost no more men from all causes than would have been the case under the ordinary circumstances of home life. A New-York City regiment, after three months of camping, lost but one man out of eight hundred, and he had heart-disease before he left home. But it was a regiment whose average of intelligence and culture was perhaps the highest among the whole Federal force. Both these cases show that camp-life is not necessarily fatal to health or life to a remarkable extent, and that the exercise of an intelligent care on the part of each individual soldier may almost banish disease from an army. And if the officers would coöperate with the men, would encourage them, and do all in their power to facilitate their efforts in this direction, the cost of the war and its duration would be most favorably modified. It is true that only one result is possible, even if Washington were laid in ashes, and the enemy were besieging New-York and Boston—the annihilation of the “Confederacy;” still it is desirable to do this in the shortest time and at the least cost of life and treasure. To bring this about in the most enduring manner, *while the government is wisely waiting on events, until the proper moment arrives for the grand consummating act*, let each soldier for himself, and each soldier’s friend at home, and each patriotic officer among too many who are not so! do all that is possible to keep the army in the very highest state of health; because health is efficiency! Just as Lord Nelson’s ship was leaving England, he discovered that the flannel shirts of the men were six inches shorter than they ought to have been, and refused to go until the proper kind were furnished. He was ridiculed and called an “old granny.” The result was, that while the rest of the fleet was decimated, he did not lose a man! and “his ship, in efficiency, *was as good as any two others*”! Aside from the dictates of humanity, a soldier’s health should be the highest consideration of any officer who hopes to accomplish great results.

If any one item of health in a soldier is of greater importance than any other, it is a sound condition of the feet. It can not easily be over-estimated. It is the very first of the four great needs of a soldier—good feet, good stomach, good head, and a good heart, that is, loyal to the core, to the authority and honor of his country. To have good feet, there should be good shoes and plenty of walking. A soldier’s shoe should not have a high heel, should be made straight on the inside, to give the great toe room to spread out to the fullest; the soles should be abundantly wide, and not too thin. Good food; wearing woolen flannel all over next the skin, winter and summer, the latter most especially; dry bed-clothes; and the most complete ventilation, that is, a constant re-supply of out-door air every second, night and day; these are the grand points to be aimed at, with large fires kindled at sun-down in and around encampments, and kept burning until sunrise. These precautions would save nine out of ten of all the disablements of the army, including both sickness and wounds; for the astounding testimony was given as to the British army in the Crimea, (see SOLDIER-HEALTH, p. 142,) “where one man was under the surgeon’s hands for wounds, twelve were under the doctor’s for typhus fever, dysentery, and some other diseases brought on by bad food, bad camping arrangements, and the crowding and *avoidable* dissipation of the men.”

With these views, we have prepared an abridged edition of 32 pp. of “SOLDIER-HEALTH,” (full edition, 25 cts.,) for 5 cts.—40 cts. per dozen, \$2.50 per hundred, \$20 per thousand—containing upwards of one hundred plain, short, explicit directions for soldiers, given in full in the following pages of the JOURNAL, which those who do not file the numbers can send to friends in the army. Additional copies will be re-furnished to subscribers by mail, at ten cents each.—Sept. 2, 1862.

MY COUNTRY.

BY REV. S. F. SMITH.

My Country! 'tis of thee,
Sweet land of Liberty,
Of thee, I sing:
Land where our fathers died,
Land of the pilgrims' pride,
From every mountain side,
Let freedom ring.

My native country! thee,
Land of the noble free,
Thy name I love;
I love thy rocks and rills,
Thy woods and templed hills;
My heart with rapture thrills,
Like that above.

Our fathers' God! to thee,
Author of Liberty!
To thee we sing;
Long may our land be bright
With Freedom's holy light:
Protect us by thy might,
Great God, our King!

God bless our native land,
Firm may she ever stand
Through storm and night;
When war's wild tempests rave,
Ruler of wind and wave,
Do thou our country save,
By thy great might.

OBEDIENCE TO THE AUTHORITIES.—The powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation. Wherefore ye must needs be subject, not only for wrath, but for conscience sake. —Romans 13:1, etc. Submit yourselves to every ordinance of man for the Lord's sake: whether it be to the king, as supreme; or unto governors, as unto them that are sent by him for the punishment of evil doers, and for the praise of them that do well. For so is the will of God.—1 Peter 2:13, etc.

EVENING HYMN.

The day is past and gone,
And when we early rise,
The evening shades appear;
To view the unvaried sun,
Oh! may we all remember well,
May we set out to win the prize,
The night of death is near,
And after glory run.

Lord, keep us safe this night,
And when our days are past,
Secure from all our fears;
And we from time remove,
Beneath the pinions of thy love,
Oh! may we in thy bosom rest—
Till morning light appears,
The bosom of thy love.

GOD IS LOVE.—1 JOHN 4:8.

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.—John 3:16.

Ye are my friends, if ye do whatsoever I command you.—John 15:14.

Come unto me, all ye that labor and are heavy laden, and I will give you rest.—Matt. 11:28.

And him that cometh to me, I will in no wise cast out.—John 6:37.

For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?—Mark 8:36, 37.

Be sober, be vigilant, casting all your care upon him, for he careth for you.—1 Peter 5:8, 7.

This is a faithful saying, and worthy of all acceptation, that Christ Jesus came into the world to save sinners, of whom I am chief.—1 Timothy 1:15.

And Jesus said unto him, Verily I say unto thee, To-day shalt thou be with me in Paradise.—Luke 23:43.

Life is the time to serve the Lord,
The time t' insure the great reward;
And while the lamp holds out to burn,
The vilest sinner may return.

Our Father which art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen.—Matt. 6:9-13.

5. Never lie or sit down on the grass or bare earth for a moment; rather use your hat—a handkerchief even, is a great protection. The warmer you are, the greater need for this precaution, as a damp vapor is immediately generated, to be absorbed by the clothing, and to cool you off too rapidly.

6. While marching, or on other active duty, the more thirsty you are, the more essential is it to safety of life itself; to rinse out the mouth two or three times, and *then* take a swallow of water at a time, with short intervals. A brave French general, on a forced march, fell dead on the instant, by drinking largely of cold water, when snow was on the ground.

7. Abundant sleep is essential to bodily efficiency, and to that alertness of mind which is all-important in an engagement; and few things more certainly and more effectually prevent sound sleep than eating heartily after sun-down, especially after a heavy march or desperate battle.

8. Nothing is more certain to secure endurance and capability of long-continued effort, than the avoidance of every thing as a drink except cold water, not excluding coffee at breakfast. Drink even cold water very slowly, and as little as possible, until the afternoon; a fruit-stone or pebble held around in the mouth, moderates thirst.

9. After any sort of exhausting effort, a cup of coffee, hot or cold, is an admirable sustainer of

SOLDIER-HEALTH.

BY DR. W. W. HALL, NEW-YORK.

Editor of Hall's Journal of Health.

1. In an ordinary campaign, sickness disables or destroys three times as many as the sword.

2. On a march, from April to November, the entire clothing should be a colored flannel shirt, with a loosely-buttoned collar, cotton drawers, woolen pantaloons, shoes and stockings, and a light-colored felt hat, with broad brim to protect the neck, eyes, and face from the glare of the sun and from the rain, and a substantial but not heavy coat when off duty.

3. SUN-STROKE may be prevented by wearing a silk handkerchief in the hat, a few green leaves, a dampened sponge, or a white linen hood hat-cover, extending like a cape over the neck and shoulders.

4. COLORED blankets are best, and if lined with brown drilling the warmth and durability are doubled, while the protection against dampness from lying on the ground, is almost complete.

the strength, until nature begins to recover herself.

10. Unless after a long abstinence or great fatigue, do not eat very heartily just before a great undertaking; because the nervous power is irresistibly drawn to the stomach to manage the food eaten, thus drawing off that supply which the brain and muscles so much need.

11. If persons will drink brandy, it is incomparably safer to do so *after* an effort than before; for it can give only a transient strength, lasting but a few minutes; but as it can never be known how long any given effort is to be kept in continuance, and if longer than the few minutes, the body becomes more feeble than it would have been without the stimulus, it is clear that its use *before* an effort is always hazardous, and is always unwise.

12. Never go to sleep, especially after a great effort, even in hot weather, without some covering over you.

13. Under all circumstances, rather than lie down on the bare ground, lie in the hollow of two logs placed together, or across several smaller pieces of wood, laid side by side; or sit on your hat, leaning against a tree. A nap of ten or fifteen minutes in that position will refresh you more than an hour on the bare earth, with the additional advantage of perfect safety.

14. A *cut* is less dangerous than a bullet-wound, and heals more rapidly.

15. If from any wound the blood spirts out in jets, instead of a steady stream, you will die in a few minutes unless it is remedied; because an artery has been divided, and that takes the blood direct from the fountain of life. To stop this instantly, tie a handkerchief or other cloth very loosely **BETWEEN!!** the wound and the heart; put a stick, bayonet, or ramrod *between* the skin and the handkerchief, and twist it around until the bleeding ceases, and keep it thus until the surgeon arrives.

16. If the blood flows in a slow, regular stream, a vein has been pierced, and the handkerchief must be on the other side of the wound from the heart; that is, *below* the wound.

17. A bullet through the abdomen (belly or stomach) is more certainly fatal than if aimed at the head or heart; for in the latter cases the ball is often glanced off by the bone, or follows round it under the skin; but when it enters the stomach or bowels, from any direction, death is inevitable under almost all circumstances, but is scarcely ever instantaneous. Generally the person lives a day or two with perfect clearness of intellect, often *not* suffering greatly. The practical bearing of this statement in reference to the great future is clear.

18. Let the whole beard grow, but not longer than some three inches. This strengthens and thickens its growth, and thus makes a more per-

fect protection for the lungs against dust, and of the throat against winds and cold in winter, while in the summer a greater perspiration of the skin is induced, with an increase of evaporation; hence, greater coolness of the parts on the outside, while the throat is less feverish, thirsty, and dry.

19. Avoid fats and fat meats in summer and in all warm days.

20. Whenever possible, take a plunge into any lake or running stream every morning, as soon as you get up; if none at hand, endeavor to wash the body all over as soon as you leave your bed, for personal cleanliness acts like a charm against all diseases, always either warding them off altogether, or greatly mitigating their severity and shortening their duration. Let every sort of bath be completed within five minutes.

21. Keep the hair of the head closely cut, say within an inch and a half of the scalp in every part, repeated on the first of each month, and wash the whole scalp plentifully in cold water every morning.

22. Wear woolen stockings and easy-fitting, thick-soled shoes, keeping the toe and finger-nails always cut moderately close.

23. It is more important to wash the feet well every night, than to wash the face and hands of mornings; because it aids to keep the skin and nails soft, and to prevent chafings, blisters, and corns, all of which greatly interfere with a soldier's duty.

24. The most universally safe position, after all stunnings, hurts, and wounds, is that of being placed on the back, the head being elevated three or four inches only; aiding more than any one thing else can do, to equalize and restore the proper circulation of the blood.

25. The more weary you are after a march or other work, the more easily will you take cold, if you remain still after it is over, unless, the moment you cease motion, you throw a coat or blanket over your shoulders. This precaution should be taken in the warmest weather, especially if there is even a slight air stirring.

26. The greatest physical kindness you can show a severely-wounded comrade is first to place him on his back, and then run with all your might for some water to drink; not a second ought to be lost. If no vessel is at hand, take your hat; if no hat, off with your shirt, wring it out once, tie the arms in a knot, as also the lower end, thus making a bag, open at the neck only. A fleet person can convey a bucketful half a mile in this way. I've seen a dying man clutch at a single drop of water from the fingers' end, with the voraciousness of a famished tiger.

27. If wet to the skin by rain or by swimming rivers, keep in motion until the clothes are dried, and no harm will result.

28. Whenever it is possible, do, by all means, when you have to use water for cooking or drink-

ing from ponds or sluggish streams, boil it well, and when cool, shake it, or stir it, so that the oxygen of the air shall get to it, which greatly improves it for drinking. This boiling arrests the process of fermentation which arises from the presence of organic and inorganic impurities, thus tending to prevent cholera and all bowel diseases. If there is no time for boiling, at least strain it through a cloth, even if you have to use a shirt or trowser-leg.

29. Twelve men are hit in battle, dressed in red, where there are only five, dressed in a bluish gray, a difference of more than two to one; green, seven; brown, six.

30. Water can be made almost ice cool in the hottest weather, by closely enveloping a filled canteen, or other vessel, with woolen cloth kept plentifully wetted and exposed.

31. While on a march, lie down the moment you halt for a rest; every minute spent in that position refreshes more than five minutes standing or loitering about.

32. A daily evacuation of the bowels is indispensable to bodily health, vigor, and endurance; this is promoted in many cases, by stirring a table-spoonful of corn (Indian) meal in a glass of water, and drinking it on rising in the morning.

33. LOOSE BOWELS, namely, acting more than once a day, with a feeling of debility afterward, is the first step toward cholera; the best remedy

is instant and perfect quietude of body, eating nothing but boiled rice with or without boiled milk; in more decided cases, a woolen flannel, fourteen feet long and fourteen inches wide, with two thicknesses in front, should be bound tightly around the abdomen, especially if marching is a necessity.

34. If the soldier takes his quota of hot coffee or a warm breakfast as soon as he gets up in the mornings, summer and winter, it will have a preventive influence against the general diseases of the camp, such as fevers, loose bowels, and bloody flux, which is incalculable; it is believed by eminent medical men that a rigid attention to this suggestion would diminish the army mortality from sickness at least thirty per cent.

35. Whenever it is practicable, sleep with your feet to the camp-fire.

36. No soldier should at any time have less than two pair of woolen socks; those made by knitting-needles are greatly the best.

37. On a march have as little to carry as possible, every ounce becomes an appreciable burden in a half-day's tramp.

38. The instant you are burned or scalded place the part in cold water, this gives perfect relief in a second, then get some flour and cover the burned part completely, and let it remain until it gets well.

39. THIRST.—While on a march courageously

resist thirst, especially in the early part of the day ; for the more you drink the weaker will you become.

40. WATER.—The East-Indians believe that they ward off the cholera which prevails in flat localities, where the water must be obtained from ponds, stagnant lakes, and sluggish streams, by boiling what is wanted for drinking purposes over night, and letting it stand in the open air until next morning, so as to reabsorb the freshness, the oxygen, which the process of boiling had driven off. This is most especially needed in warm weather.

41. BLANKETS.—A small India-rubber blanket is a very great protection to the health, to lay on the ground or to throw over the shoulders during a storm, or on resting after getting into a heat, but unless *vulcanized* (if not, it becomes very sticky on being held close to the fire or in a very hot sun for a few moments) it has no endurance and is worthless.

42. Fatal forms of fever, loose bowels, and bloody discharges are often occasioned by a sudden check of perspiration from chilly winds or cold night air ; so when perspiring even a little, either keep in moderate motion, go to a fire, or put on an additional coat or blanket.

43. ARDENT SPIRITS.—It is beyond dispute, that always and every where, those who drink most of liquors in any shape, beer, brandy, whisky, or rum, soonest give out, soonest get sick, and are

the slowest to recover. A very eminent English physician has lately communicated the fact, that out of one thousand members of the "Sick Clubs of Preston," who merely used, but did not abuse, spirituous liquors, twenty-three were laid aside by sickness every year for an average time of fifty-three days, while of an equal number who never touched liquor, there were only thirteen sick, averaging but twenty-three days ; the number sick, the rapidity of recovery, the time lost, and the expense all being more than one half, or fifty per cent in favor of those who never used ardent spirits. Water quenches thirst better, if not very cold, especially if but a few swallows are taken at one time. Tea and coffee are better at meals for the soldier than water, but they should not be drank between meals ; only in sips on a march, or under great exertions. The safest beverage in hot weather is molasses and water.

44. EATING.—Let it be at regular times as far as possible. That soldier is many-fold the safest from disablement, and a great variety of diseases, who will use three precautions in his eating : *First.* Let no bit of solid food go into the mouth larger than half the last joint of the little finger. *Second.* Chew it slowly and well. *Third.* Swallow not one atom between meals unless under very uncommon and urgent circumstances, so as to give the stomach time to rest, and gain strength to work up the succeeding meal. As often as possi-

ble, let there be at least five hours' interval between your eatings.

45. **FLANNEL.**—Wear it all over, in all weathers, except to use cotton drawers during the summer months, if you have them. Wash your flannels once a week if possible. When not, hang them up, also all your clothing, in the mid-day sun, whenever there is a chance to do so. Dry clothing is a great preservative of health. A single damp garment has sent many a person to the grave in a few days, and made others invalids for a lifetime.

46. Sleep as often and as much as you can; it is a great invigorator. Five minutes' sleep will refresh, invigorate, and strengthen more than any glass of liquor. It is better far to sleep too warm than even a little too cool.

47. The Three Plenties of pure air on high ground; of boiled or running water; and of bright-blazing fires, are the angels of health in any encampment.

48. **FEET.**—Thick-soled shoes, moderately loose, are best on a march, and it would be a great protection to the feet against chafings, etc., to rub a few drops of any kind of mild oil into the skin of the soles before a march.

49. A bullet-wound usually gives no external bleeding, and it is almost always safest to let it remain in the body, as it rarely does harm by so doing.

50. When a spent ball strikes the body, a wonderfully slight resistance turns it from its course,

and prevents its being fatal—a bone, a tendon, or even a loose skin. A ball once entered under the chin, glanced around the neck, and came out near the place of entrance. A ball striking a rib has glanced off, and made half the circuit of the body. A ball once struck the abdomen in front, passed *around*, and came out at the back. A ball has pierced the skull-bone, but not having strength enough to enter the covering of the brain, which is of a tough, leathery nature, no serious harm was done.

51. The “wind” of a ball, as it is called sometimes, can not possibly kill a man.

52. A bullet in the body seldom does much harm. Great effort to get it out may make a case fatal which otherwise would have recovered.

53. A man need not necessarily die if a bullet lodges in the brain.

54. A bullet may pass entirely through the lungs without destroying life, as in the case of General Shields in the Mexican war, and he was living twelve years later. Lieutenant-General Winfield Scott received a ball in his shoulder at the battle of Molino del Rey, and it remained unextracted for several years.

55. Bullet wounds in the abdomen are nearly always fatal, while the majority of those in the chest recover.

56. A bullet may lodge in the heart itself without causing death, for several days, as in the case of Bill Poole, the puglist.

57. BOWELS.—The very moment you experience any uncomfortable sensation about the bowels, bind around them tightly a piece of woollen cloth of any kind, to support them and keep them warm. It is a great remedy.

58. SUN AND AIR.—Keep in the open air as much as possible, but do not stand a moment in the hot sun if it can be avoided.

59. To have been "to the wars" is a life-long honor, increasing with advancing years, while to have died in the defense of your country, will be the boast and the glory of your children's children. "*Dulce et decorum est, pro patria mori.*"

THE GREATEST ENEMY

To any army is disease; it destroys three times as many as the sword. Knowing this, Miss FLORENCE NIGHTINGALE abandoned all the advantages which culture, position, and an ample fortune gave her, for the purpose of devoting her whole attention to the preservation of her country's troops in the Crimean campaign. She found that the soldiers were dying from disease at a rate far more fearful than the most terrible devastations of the cholera in any civilized country; and before the war was over, there were fewer deaths from disease than among the most favored troops at home in England.

The three chief army diseases are, FEVER, DIARRHEA, DYSENTERY. A seasonable and possible care on the part of each soldier can effectually prevent three fourths of the cases of these diseases. All that is needed for such encouraging results is, that each man should understand what these diseases are, what causes them, and how he may avoid these causes. All this can be told without using a single medical term, in a manner which the most unlettered person can understand, and without the necessity of taking a single solitary grain or drop of any medicine whatever. And more, these diseases can be prevented in the vast majority of cases, with the means which a soldier has within his own power in a forest, on a prairie, or on a sand-bank.

Fever, of the ordinary kinds which prevail in camps, is preceded or accompanied in almost every instance by CONSTIPATION of the bowels, that is, by their failing to act once in each twenty-four hours. No man can possibly be well for a single week, who fails to go to stool every day. For a few days he may feel well, but before a week is ended he will most certainly be complaining in some way. Constipation and Costiveness are essentially the same thing, and seldom can exist for a single week at a time, without endangering life in many, and health in all.

DIARRHEA is when the bowels act too often, from two to twenty times in twenty-four hours.

But it is not actual diarrhea unless a man feels after a passage as if he would like to sit down, feels weak, feels as if he would like never to get up again. The passages are large, and thin almost as water, there is no pain, no blood, and each passage gives relief, with an increasing disposition to sit or lie down; every human desire, every human ambition is comprised in the one privilege, to be able to lie down and rest; it seems to be a luxury to every muscle in the whole body, and there are upward of five hundred of them.

Dysentery, or Bloody Flux, on the other hand, is something between Costiveness and Diarrhea, something between a too infrequent and a too frequent action of the bowels, for it is a great and frequent desire to discharge something, but can not, except a little blood. The desire is intense and sudden, with a feeling as if it would give perfect relief, but when the effort is made, it produces a sensation which the ancients expressed by "Tormina" or torment.

Costiveness is less than one stool a day.

Diarrhea is more than one stool a day.

Dysentery is a constant desire, and yet an inability to stool.

Costiveness gives hard, bally, and scant stools. Diarrhea gives thin, frequent, and copious stools.

Dysentery gives a frequent but unavailing desire to stool. See page 11, No. 33.

Costiveness may, or may not, give pain.

Diarrhea gives grateful relief.

Dysentery gives intense suffering, always and under all circumstances.

Costiveness may have a little blood.

Diarrhea never has any.

Dysentery always has blood; unless it has blood at almost every discharge, it can not be dysentery at all.

Costiveness unchecked, leads to a thousand different forms of disease, generally lasting a long time.

Diarrhea unchecked, leads to cholera and a speedy death.

Dysentery unchecked, leads to inflammation, and a death certain and painful, ending in mortification of the bowels.

But, as costiveness precedes fever, diarrhea, and dysentery, it is clear that if it is removed as soon as discovered, the chances for a soldier's exemption from every disease are incalculably increased. Hence the man who makes it his study and his care, his duty and his pleasure, to guard against constipation, or promptly remove it when by chance it occurs, not only avoids the risk of the ailments named, but acquires a vigor of health which repels a thousand ill influences, repels a thousand attacks from the causes of all other diseases; while if he was not entirely well when he entered the army, he will be pretty soon.

STIMULANTS AND TONICS.—Chew a pinch or two of green tea when exhausted, or when on guard, or when on special hard duty, and repeat every half-hour, more or less; it enlivens without the subsequent debility of spirits. *Cayenne Pepper*, called "capsicum," acts similarly; a pinch at a time will modify that excessive weariness or sleepiness, and is far more powerful than tea, in all its good effects; while its convenience for carriage in point of bulk, renders it the most valuable substance that a soldier can carry, as to nourishment, thirst, or invigorating powers. A single pinch in a cup of "flat" water will make it quite palatable. A third of a tea-spoonful taken at meals, morning, noon, and night, with the food or drink, not only invigorates digestion, but is a great antagonizer of dyspeptic and all bowel complaints in armies.

STOCKINGS.—The feet will be blistered by a six hours' march in cotton stockings; wear woollen, rubbing the soles well with tallow or soap, if you can, when a heavy march is in prospect.

FOOD.—One pound of sugar mixed with three pounds of ground wheat or corn (with the bran) called "*Pinole*," is one of the most nutritious and healthy articles of food in the world for an army, and is easily carried. Jerked beef is next made by cutting fresh beef in strips, and drying them in the sun, with as little salt as possible; it will keep good a year.

ARMY BEVERAGES.—Col. Dawes, an experienced East-Indian officer, says that coffee and tea should take the place of liquors, and that every man should have some as soon as he gets up in the morning, and also at sun-down. During the Crimean war, it was found that when the soldiers obtained warm coffee, they sustained fatigue and were comparatively healthy; but when they were in the trenches, and could not get good warm tea or coffee, they were subject to dysentery or bloody flux.

GENUENS may avoid more or less permanent deafness by putting into their ears before an action a bit of wool or cotton dipped into a mixture of forty grains of belladonna with one ounce of glycerine—keep it in until next morning.

DIRECTIONS TO ARMY-SURGEOUS ON 'THE FIELD OF BATTLE.
—The following, taken from Mr. G. J. Guthrie's pamphlet on the Hospital Brigade, is copied from the London *Lancet*. Mr. Guthrie was Surgeon-General to the British forces during the Crimean war, and consequently speaks from extensive opportunities of observation:

1. Water being of the utmost importance to wounded men, care should be taken, when before the enemy, not only that the barrels attached to the conveyance-carts are properly filled with good water, but that skins for holding water, or such other means as are commonly used in the country for carrying it, should be procured and duly filled.

2. Bandages or rollers, applied on the field of battle, are, in general, so many things wasted, as they become dirty and stiff, and are usually cut away and destroyed,

without having been really useful; they are therefore not forthcoming when required, and would be of no use.

3. Simple gun-shot wounds require nothing more for the first two or three days than the application of a piece of wet or oiled linen, fastened on with a strip of sticking-plaster, or, if possible, kept constantly wet and cold with water. When cold discharges, warm water should be substituted.

4. Wounds made by swords, sabers, or other sharp-cutting instruments, are to be treated principally by position. Thus, a cut down to the bone, across the thick part of the arm, immediately below the shoulder, is to be treated by raising the arm to or above a right angle with the body, in which position it is to be retained, however inconvenient it may be. Ligatures may be inserted, but through the skin only. If the throat be cut across in front, any great vessels should be tied, and the oozing stopped by a sponge. After a few hours, when the oozing is arrested, the sponge should be removed, and the head brought down toward the chest, and retained in that position without ligatures; if this is done too soon, the sufferer may possibly be suffocated by the infiltration of blood into the areolar tissue of the parts adjacent.

5. If the cavity of the chest is opened into by a sword or lance, it is of the utmost importance that the wound in the skin should be effectively closed, and this can only be done by sewing it up as a tailor or lady would sew up a seam, skin only being included; a compress of lint should be applied over the stitches, fastened on by sticking-plaster. The patient is then to be placed on the wounded side, that the lung may fall down, if it can, upon or apply itself to the wounded part, and adhere to it, by which happy and hoped-for accident life will in all probability be preserved. If the lung should be seen protruding in the wound, it should not be returned beyond the level of the ribs, but be covered over by the external parts.

6. It is advisable to encourage previously the discharge

of blood from the cavity of the chest, if any have fallen into it; but if the bleeding from within should continue, so as to place the life of the sufferer in danger, the external wound should be closed, and events awaited.

7. When it is doubtful whether the bleeding proceeds from the cavity of the chest or from the intercostal artery, (a surgical bug-bear,) an incision through the skin and the external intercostal muscle will expose the artery close to the edge of the rib, having the internal intercostal muscle behind it. The vessel thus exposed may be tied, or the end pinched by the forceps, until it ceases to bleed. Tying a string round the ribs is a destructive piece of cruelty; and the plugs, etc., formerly recommended, may be considered as surgical incongruities.

8. A gun-shot wound in the chest can not close by adhesion, and must remain open. The position of the sufferer should therefore be that which is most comfortable to him. A small hole penetrating the cavity is more dangerous than a large one, and the wound is less dangerous if the ball goes through the body. The wounds should be examined, and enlarged if necessary, in order to remove all extraneous substances, even if they should be seen to stick on the surface of the lungs; the opening should be covered with soft oiled or wet lint—a bandage when agreeable. The ear of the surgeon and the stethoscope are invaluable aids, and ought always to be in use; indeed, no injury of the chest can be scientifically treated without them.

9. Incised and gun-shot wounds of the abdomen are to be treated in *nearly* a similar manner; the position in both being that which is most agreeable to the patient, the parts being relaxed.

10. In wounds of the bladder, an elastic catheter is generally necessary. If it can not be passed, an opening should be made in the perinæum for the evacuation of the urine, with as little delay as possible.

11. In gun-shot fractures of the skull, the loose broken

pieces of bone, and all extraneous substances, are to be removed as soon as possible, and depressed fractures of bone are to be raised. A deep cut, made by a heavy sword, through the bone into the brain, generally causes a considerable depression of the inner table of the bone, whilst the outer may appear to be merely divided.

12. An arm is rarely to be amputated, except from the effects of a cannon-shot. The head of the bone is to be sawn off, if necessary. The elbow-joint is to be cut out, if destroyed, and the sufferer, in either case, may have a very useful arm.

13. In a case of gun-shot fracture of the upper arm, in which the bone is much splintered, incisions are to be made for the removal of all the broken pieces which it is feasible to take away; the elbow is to be supported; the fore-arm is to be treated in a similar manner; the splints used should be solid.

14. The hand is never to be amputated unless all or nearly all its parts are destroyed. Different bones of it and of the wrist are to be removed when irrecoverably injured, with or without the metacarpal bones and fingers, or the thumb; but a thumb and one finger should always be preserved when possible.

15. The head of the thigh-bone should be sawn off when broken by a musket-ball. Amputation at the hip-joint should only be done when the fracture extends some distance into the shaft, or the limb is destroyed by cannon-shot.

16. The knee-joint should be cut out when irrecoverably injured; but the limb is not to be amputated until it can not be avoided.

17. A gun-shot fracture of the middle of the thigh, attended by great splintering, is a case for amputation. In less difficult cases, the splinters should be removed by incisions, particularly when they can be made on the upper and outer side of the thigh. The limb should be placed or straight, firm splint. A broken thigh does not admit of

much, and sometimes of no extension, without an undeviable increase of suffering. An inch or two of shortening in the thigh does not so materially interfere with progression as to make the sufferer regret having escaped amputation.

18. A leg injured below the knee should rarely be amputated in the first instance, unless from the effects of a cannon-shot. The splinters of bone are all to be immediately removed by saw or forceps, after due incisions. The limb should be placed in iron splints, and hung on a permanent frame, as affording the greatest comfort and probable chance of ultimate success.

19. An ankle-joint is to be cut out unless the tendons around are too much injured, and so are the tarsal and metatarsal bones and toes. Incisions have hitherto been too little employed in the early treatment of these injuries of the foot, for the removal of extraneous substances.

20. A wound of the principal artery of the thigh, in addition to a gun-shot fracture, renders immediate amputation necessary. In *no other part* of the body is amputation to be done in the first instance for such injury. Ligatures are to be placed on the wounded artery, one above, the other below the wound, and events awaited.

21. The occurrence of mortification in any of these cases will be known by the change of color in the skin. It will rarely occur in the upper extremity, but will frequently do so in the lower. When about to take place, the color of the skin of the foot changes from the natural flesh color to a tallowy or mottled white. Amputation should be performed immediately above the fractured part. The mortification is yet local.

22. When this discoloration has not been observed, and the part shrinks, or gangrene has set in with more marked appearances, but yet seems to have *stopped* at the ankle, delay is, perhaps, admissible; but if it should again spread, or its cessation be doubtful, amputation should take place forthwith, although under less favorable circumstances. The mortification is becoming or has become constitutional.

23. Bleeding, to the loss of life, is not a common occurrence in gun-shot wounds, although many do bleed considerably, seldom, however, requiring the application of a tourniquet as a matter of necessity, although frequently as one of precaution.

24. When the great artery of the thigh is wounded, (not torn across,) the bone being *uninjured*, the sufferer will probably bleed to death, unless aid be afforded, by making compression above and on the bleeding part. A long but not broad stone tied sharply on with a handkerchief, will often suffice until assistance can be obtained, when both ends of the divided or wounded artery are to be secured by ligatures.

25. The upper end of the great artery of the thigh bleeds scarlet blood; the lower end dark venous-colored blood; and this is not departed from in a case of accidental injury, unless there have been previous disease in the limb. A knowledge of this fact or circumstance, which continues for several days, will prevent a mistake at the moment of injury, and at a subsequent period, if secondary hemorrhage should occur. In the *upper* extremity both ends of the principal artery bleed scarlet blood, from the free collateral circulation, and from the anastomoses in the hand.

26. From this cause, mortification rarely takes place after a wound of the principal artery of the arm, or even of the arm-pit. It *frequently* follows a wound of the principal artery in the upper, middle, or even lower parts of the thigh, rendering amputation necessary.

27. It is a great question, when the bone is *uninjured*, where and at what part the amputation should be performed. Mortification of the foot and leg, from such a wound, is disposed to stop a little below the knee, if it should not destroy the sufferer; and the operation, if done in the first instance, as soon as the tallowy or mottled appearance of the foot is observed, should be done at that part; the wound of the artery and the operation for securing the vessel above and below the wound being left un-

headed. By this proceeding, when successful, the knee-joint is saved, whilst an amputation above the middle of the thigh is always very doubtful in its results.

28. When mortification has taken place from any cause, and has been arrested below the knee, and the dead parts show some sign of separation, it is usual to amputate above the knee. But not doing it, but by gradually separating and removing the dead parts, under the use of disinfecting medicaments and fresh air, a good stump may be ultimately made, the knee-joint and life being preserved, which latter is frequently lost, after amputation, under such circumstances.

29. Hospital gangrene, when it unfortunately occurs, should be considered to be contagious and infectious, and is to be treated locally by destructive remedies, such as nitric acid, and the bivouacking or encamping of the remainder of the wounded, if it can be effected, or their removal to the open air.

30. Poultices have been very often applied in gun-shot wounds, from laziness, or to cover neglect, and should be used as seldom as possible.

31. Chloroform may be administered in all cases of amputation of the upper extremity and below the knee, and in all minor operations; which cases may also be deferred, without disadvantage, until the more serious operations are performed.

32. Amputations of the upper and middle parts of the thigh are to be done as soon as possible after the receipt of the injury. The administration of chloroform in them, when there is much prostration, is doubtful, and must be attended to, and observed with great care—the question whether it should or should not be administered in such cases being undecided.

No surgeon is truly fit for his place, however scientific and skillful, who has not the tact to encourage and sympathize with the sick and wounded soldier; a word, a look, a gesture may so wake up the nervous activities, and

the moral sentiments of hope, ambition, determination, or patriotism, that the system will rise superior to disease and cast it off in an hour; when, on the other hand, a want of sympathy on the part of the medical attendant, a mere mechanical or routine attention to the objects in hand, would have allowed the invalid to pass into the grave. There is no incompatibility between firmness and kindness; and that surgeon is most a man who makes the wisest combination of these two prime qualities of the intellect and of the heart. Each soldier is at this juncture a part of his country's hope, and, although but a unit in himself, he merits, in a disablement brought upon him in the discharge of his duty to the nation, a consideration and a tenderness in the hour of his suffering, which a man will always give, and which is withheld only by the brute.

To show how inevitably a soldier's gratitude wells upward toward those who minister to his wants it is only necessary to recall the beautiful fact that when Florence Nightingale passed along the halls of the Crimean hospitals, the men who could not go to greet her would crawl to the side of their beds and kiss her shadow as she passed.

There are many things which a wounded soldier may do for himself, and many others which one who is well may do for his comrade which will prevent an immense amount of suffering and may save life itself, by gaining time or by keeping things in *statu quo*, from progressing, until a surgeon can be had. Hence, to know these things beforehand is to make one a life-saver.

Very red blood, sparkling, bright, thin, is from the arteries, and the man will soon die if it flows fast, because it is the life of the body and flows directly from the heart. If the wound is on the back of the hand, or face, or scalp, or on any part of the body where there is not much more than skin and bone, press the thumb tighter and tighter above the wound, that is, between the wound and the heart, and continue the compression until the blood ceases to flow and until the surgeon arrives. If a limb is bleeding,

or a part where there is more flesh, tie a knot in the center of a handkerchief, and let that knot rest over the bleeding vessel above the wound, then bring the ends of the handkerchief around the limb, and tie it as tight as possible; if the artery is a very large one, there is not time for this, or it might not be efficient, the handkerchief must be tied loosely around the limb, above the wound, a stick put in between the skin and the handkerchief, and twisted around until the bleeding ceases, as named on page eight. Or, if you can see the orifice of a bleeding artery, make a hook of a needle by heating it red hot, cool it, then hook it into the artery, draw it out, or it may be drawn out with a pair of tweezers, pincers, or tongs, then tie a string tightly around the end of the bleeding vessel and let it remain until the surgeon arrives. Profuse bleedings about the head or face, or other bony parts, may be arrested if from small blood-vessels or mere flesh-wounds, by compresses of linen or cotton kept wet with cold water, or by lint, or by cobwebs. Never apply any thing to a wound which irritates, but wash it with something that is soothing and healing, such as castile soap. If a bone is broken, keep still, bind up the parts, and apply cold water most freely until the surgeon arrives.

POISONOUS BITES, STINGS, ETC.—If there is no sore about the mouth or lips, suck it out and spit it out, for some minutes in succession, or, better still, wash the part most freely with spirits of hartshorn, because that is an alkali, and the bites and stings of reptiles and insects are acid, hence are nullified by the strong alkali. If there is no hartshorn at hand, make an alkali by wetting fresh wood-ashes with water and apply it to the wound as a poultice, renewing it every half-hour until relieved. Strong alkaline washes instantly applied are believed a perfect preventive of serious harm from all bites and stings, except from a mad dog or other rabid creature. Insects are removed from the nose and ears by spirting in water from the mouth; sweet oil with a syringe is as good, if at hand.

SOLDIER ITEMS.—*Swallowing Poison.*—Stir in a glass of water a heaping teaspoonful each of salt and kitchen mustard, and drink it instantly—this will empty the stomach in a minute. To antagonize any poison that may be left, swallow the whites of two or three eggs; then drink a cup or two of very strong coffee, or as much sweet milk or cream, if impossible to get coffee.

POISONED VINIS.—Apply a paste made of gunpowder, or sulphur, with milk; renew night and morning, until cured. Live on gruel, soups, rice, and other mild food, leaving the bowels to act twice a day.

SIGNS OF DEATH.—Bury no man unless his head is off, or the abdomen begins to turn green or dark, the only sure signs, but always sure, of actual death. If there is haste, cut off a toe or finger, which would wake up the slightest spark of life left.

TO STOP BLEEDING.—Four or five drops of Perchlorid of Iron will check completely the flow of blood from all except the largest arteries; half a teaspoonful will arrest even their bleeding. Each non-commissioned officer should have two ounces of this in a flat tin bottle, wound around with a little cotton batting, on a bit of which the liquid could be dropped for application.

OBEDIENCE is not servility, it is a high duty; it is not cowardly, but proudly honorable in a soldier. If your officer speaks sharply, it is neither to insult nor to browbeat; it is to wake up attention, instant and implicit.

For every wounded soldier taken to the hospital in the Crimean war, twelve were taken on account of disease; disease which could be avoided in more than half the cases by such care as the soldier can take of himself, as directed in these pages. Of the 15,000 lives lost in the Mexican war, only 1548 were from battle. The United States Sanative Commission report that 104 soldiers became sick to each 1000 in the present war.

SHIRTS.—A distinguished British Army Surgeon says: More than one half of all army diseases in warm countries are owing to the exposure of the abdomen to changes of temperature. Shirts should reach the thigh.

INNER CLOTHING.—Every garment which touches a soldier's skin should be woolen in all seasons, most important in the warmest weather. It is impossible to over-estimate the value of this one item to the health of an army.

LIQVISTON-WATER.—One teaspoonful of vinegar, in a pint of such water, will antagonize all its ill effects on the bowels of those unaccustomed to it.

DUSTY WATER.—As much powdered alum as will rest on a dime, stirred in a pail of water, will clarify it in five minutes.

SAVING LIFE.—In the first seven months of the Crimean campaign, the soldiers died at the rate of 60 out of a 100 per annum, while for the last five months of the war not so many soldiers died of disease as at home, owing to a more systematic and rigid attention to five things: 1st. Selecting healthy camps; 2d. Enforcing strict cleanliness; 3d. Avoiding unnecessary exposure; 4th. Proper preparation of healthful food; 5th. Judicious nursing.

A TAURE SOLDIER is considered one of the highest types of a man. But that officer merits not the name or the title he bears, who does not make the comfort and health of his men a subject of unceasing thought, and of the most indefatigable effort.

CAMP-GROUNDS.—An elevation is a hundred-fold better than a flat or a hollow; open ground better than among trees; better for health, safer from surprise, and stronger for attack and defense, even if it is calculated to stay but a few hours. Let the tent face the south, the top screened with brush-wood, and if practicable with a floor of boards three inches above the ground, and a ditch around the tent six or eight inches deep.

DRINKING WATER improperly has killed thousands of soldiers. If possible, avoid drinking any thing on a march. If you must drink, the colder the water the less will it satisfy thirst. ²³⁷ Half a glass of water drank in sips, swallowing each sip, with a few seconds interval, will more effectually satisfy thirst, and that without any danger, than a quart taken in the usual manner at one draught. It is greatly safest, *while marching*, to rinse the mouth only, but do that to the utmost extent desired, spitting out the water as soon as it becomes warm. Chewing even a stick or pebble moderates thirst.

MIRREAS, for cold weather, should have a thumb and one finger, the other three fingers together, so as to use the trigger handily.

BOWEL AFFECTIONS are said to be cured, if at all curable, by drinking from one half to four half pints of a tea made of the inner bark of the sweet-gum tree, boiled until of the taste and color of strong coffee, with or without sugar, cold or hot. The tree abounds southward.

CROMWELL'S DISCHARGED SOLDIERS.—Immorality and irreligion are among the great evils of war. Knowing this, every Christian should be most diligent not only in prayer for the soldiers, and in furnishing them with religious privileges in the camp, but in cherishing a strong and enlightened public religious sentiment. Public sentiment is a powerful stimulant to moral principle, as well as to patriotic feeling. It hence becomes the whole Christian community, united to frown upon Sabbath-day parades and displays. A country sometimes suffers immensely after a war is over, from the murders, robberies, thefts, and other depredations and immoralities of its own discharged soldiers. The principles and habits of the camp follow, or rather accompany, the men through life. In this aspect of the case, it becomes not only Christians who feel for men's immortal welfare, but it becomes all who have personal interests at stake, all who have property or families to preserve, to see to the character of the camp. Cromwell kept up religion in his army. He had chaplains, prayers, Sabbaths, preaching, Bibles, Psalm-books, and without the bravest men that ever went into battle. And after their return to private life, history, in recording their heroic deeds, bears this testimony to their moral worth: Fifty thousand men, accustomed to the profession of arms, were at once thrown on the world. In a few months there remained not a track indicating that the most formidable army in the world had been absorbed into the mass of the community. The royalists themselves confessed that in every department of honest industry, the discarded warrior prospered beyond other men, that none was charged with any theft or robbery, that none was heard to ask an alms, and that, if a baker, a mason, or a wagoner attracted notice by his diligence and sobriety, he was in all probability one of Oliver's old soldiers.

OBSEVANCE OF THE SABBATH.—*General Order No. 7.*—The Major-General commanding desires and requests that in future there may be a more perfect respect for the Sabbath on the part of his command. We are fighting in a holy cause, and should endeavor to deserve the benign favor of the Creator. Unless in a case of an attack by the enemy, or some other extreme military necessity, it is commended to commanding officers that all work shall be suspended on the Sabbath; that no unnecessary movements shall be made on that day; that the men shall, as far as possible, be permitted to rest from their labors; that they shall attend divine service after the customary Sunday morning inspections, and that officers and men alike use their influence to insure the utmost decorum and quiet on that day. The General commanding regards this as no idle form. One day's rest in seven is necessary for man and animals. More than this the observance of the holy day of the God of mercy and of battles is our sacred duty. WASHINGTON, Sept. 6th, 1861.

THE AMERICAN HERO:

A SAPPHIC ODE BY NATHANIEL NILES.

Why should vain mortals tremble at the sight of
Death and destruction in the field of battle,
Where blood and carnage clothe the ground in crimson,

Sounding with death-groans!

Death will invade us by the means appointed,
And we must all bow to the king of terrors;
Nor am I anxious, if I am prepared,
What shape he comes in.

Then to the wisdom of my Lord and Master
I will commit all that I have or wish for;
Sweetly as babes sleep will I give my life up
When called to yield it.

Now, Mars! I dare thee clad in smoky pillars,
Bursting from bomb-shells, roaring from the cannon,
Rattling in grape-shot like a storm of hail-stones,
Torturing ether.

Still shall the banner of my blessed country
Never advance where I'm afraid to follow;
While that precedes me, with an open bosom,
War! I defy thee.

Fame and the Union lure me on to battle,
While foul rebellion, grimmer than a death's head,
Stings me with serpents fiercer than Medusa's,
To the encounter.

Life for my country and the Constitution
Is but a trifle for patriots to part with;
And if preserved in so great a contest,
Life is redoubled.

SOLDIER ITEMS.

SWALLOWING POISON.—Stir in a glass of water a heaping teaspoonful each of salt and kitchen mustard, and drink it instantly—this will empty the stomach in a minute. To antagonize any poison that may be left, swallow the whites of two or three eggs; then drink a cup or two of very strong coffee, or as much sweet milk or cream, if impossible to get coffee.

POISONED VINES.—Apply a paste made of gunpowder, or sulphur, with milk; renew night and morning, until cured. Live on gruel, soups, rice, and other mild food, having the bowels to act twice a day.

SIGNS OF DEATH.—Bury no man unless his head is off, or the abdomen begins to turn green or dark, the only sure signs, but always sure, of actual death. If there is haste, cut off a toe or finger, which would wake up the slightest spark of life left.

TO STOP BLEEDING.—Four or five drops of Perchloride of Iron will check completely the flow of blood from all except the largest arteries; half a teaspoonful will arrest even their bleeding. Each non-commissioned officer should have two ounces of this in a flat tin bottle, wound around with a little cotton batting, on a bit of which the liquid could be dropped for application.

OBEDIENCE is not servility, it is a high duty; it is not cowardly, but proudly honorable in a soldier. If your officer speaks sharply, it is neither to insult nor to browbeat; it is to wake up attention, instant and implicit.

For every wounded soldier taken to the hospital in the Crimean war, twelve were taken on account of disease; disease which could be avoided in more than half the cases by such care as the soldier can take of himself, as directed in these pages. Of the 15,000 lives lost in the Mexican war, only 1548 were from battle. The United States Sanative Commission report that 104 soldiers became sick to each 1000 in the present war.

SHIRTS.—A distinguished British Army Surgeon says: More than one half of all army diseases in warm countries are owing to the exposure of the abdomen to changes of temperature. Shirts should reach the thigh.

INNER CLOTHING.—Every garment which touches a soldier's skin should be woolen in all seasons, most important in the warmest weather. It is impossible to over-estimate the value of this one item to the health of an army.

LIMESTONE-WATER.—One teaspoonful of vinegar, in a pint of such water, will antagonize all its ill effects on the bowels of those unaccustomed to it.

DIRTY WATER.—As much powdered alum as will rest on a dime, stirred in a pail of water, will clarify it in five minutes.

SAVING LIFE.—In the first seven months of the Crimean campaign, the soldiers died at the rate of 60 out of a 100 per annum, while for the last five months of the war not so many soldiers died of disease as at home, owing to a more systematic and rigid attention to five things: 1st. Selecting healthful camps; 2d. Enforcing strict cleanliness; 3d. Avoiding unnecessary exposure; 4th. Proper preparation of healthful food; 5th. Judicious nursing.

A **TRUE SOLDIER** is considered one of the highest types of a man. But that officer merits not the name or the title he bears, who does not make the comfort and health of his men a subject of unceasing thought, and of the most indefatigable effort.

CAMP-GROUNDS.—An elevation is a hundred-fold better than a flat or a hollow; open ground better than among trees; better for health, safer from surprise, and stronger for attack and defense, even if it is calculated to stay but a few hours. Let the tent face the south, the top screened with brushwood, and if practicable with a floor of boards three inches above the ground, and a ditch around the tent six or eight inches deep.

DRINKING WATER improperly has killed thousands of soldiers. If possible, avoid drinking anything on a march. If you must drink, the colder the water the less will it satisfy thirst. ☞ Half a glass of water drank in sips, swallowing each sip, with a few seconds interval, will more effectually satisfy thirst, and that without any danger, than a quart taken in the usual manner at one draught. It is greatly safest, *while marching*, to rinse the mouth only, but do that to the utmost extent desired, spitting out the water as soon as it becomes warm. Chewing even a stick or pebble moderates thirst.

MITTENS, for cold weather, should have a thumb and one finger, the other three fingers together, so as to use the trigger handily.

BOWEL AFFECTIONS are said to be cured, if at all curable, by drinking from one half to four half pints of a tea made of the inner bark of the sweet-gum tree, boiled until of the taste and color of strong coffee, with or without sugar, cold or hot. The tree abounds southward.

SABBATH-DAY PARADES.—Immorality and irreligion are among the great evils of war. Knowing this, every Christian should be most diligent, not only in prayer for the soldiers, and in furnishing them with religious privileges in the camp, but in cherishing a strong and enlightened public religious sentiment. Public sentiment is a powerful stimulant to moral principle, as well as to patriotic feeling. It hence becomes the whole Christian community to frown upon Sabbath-day parades and displays.



SUBSCRIPTION HAS EXPIRED!

And this Journal will NOT be further sent in any single case without express notice.

TO SUBSCRIBERS.—All subscriptions to this JOURNAL expire with this December number.

It has become quite common for publishers to offer various extra inducements to subscribers, to renew their subscriptions at the end of the year, in the way of premiums, club-rates, etc. etc. By the partiality of a good-natured public, not hard to please, this JOURNAL has become valuable, and we feel quite sure that its regular readers would not wish it to become less so, by frittering its cost down to less than one dollar, at which price it will be furnished as heretofore. If any one chooses to take the trouble to obtain for us four NEW subscriptions, we will send such, in return, any one of our publications, post paid.

THE JOURNAL OF HEALTH for 1862 is now bound in muslin, and will be exchanged for twelve loose numbers, and 25 cents for binding. Any missing numbers supplied for 10 cents each.

600,000 MALE OR FEMALE AGENTS TO SELL

Lloyd's New Steel Plate County Colored Map

OF THE

UNITED STATES, CANADAS, AND NEW-BRUNSWICK.

From recent surveys, completed August 10, 1862; cost \$20,000 to engrave it, and one year's time. Superior to any \$10 map ever made by Colton or Mitchell, and sells at the low price of fifty cents; 370,000 names are engraved on this map.

It is not only a County Map but it is also a COUNTY AND RAILROAD MAP of the United States and Canadas, combined in one, giving EVERY RAILROAD STATION, and distances between. Guarantee any woman or man \$3 to \$5 per day, and will take back all maps that can not be sold and refund the money. Send for \$1 worth to try. Printed instructions how to canvas well, furnished all our agents. WANTED—Wholesale Agents for our Maps in every State, California, Canada, England, France, and Cuba. A fortune may be made with a few hundred dollars capital. No COMPETITION.

J. T. LLOYD, No. 164 Broadway, N. Y.

The War Department uses our Map of Virginia, Maryland, and Pennsylvania, cost \$100,000, on which is marked Antietam Creek, Sharpsburg, Maryland Heights, Williamsport Ferry, Rhorersville, Noland's Ford, and all others on the Potomac, and every other place in Maryland, Virginia, and Pennsylvania, or money refunded.

Lloyd's Topographical Map of Kentucky, Ohio, Indiana, and Illinois,

Is the only authority for Gen. Buell and the War Department. Money refunded to any one finding an error in it. Price, 50 cents.

From the Tribune, August 2.

"LLOYD'S MAP OF VIRGINIA, MARYLAND, AND PENNSYLVANIA.—This Map is very large; its cost is but 25 cents, and it is the best which can be purchased."

LLOYD'S GREAT MAP OF THE MISSISSIPPI RIVER.—From Actual Surveys by Captains Bart and Wm. Bowen, Mississippi River Pilots, of St. Louis, Mo., shows every man's plantation and owner's name from St. Louis to the Gulf of Mexico—1350 miles—every sandbar, island, town, landing, and all places 20 miles back from the river—colored in Counties and States. Price, \$1 in sheets. \$2, pocket form, and \$2.50 on linen, with rollers. Ready Sept. 20.

NAVY DEPARTMENT, WASHINGTON, Sept. 17, 1862.

J. T. LLOYD: Sir: Send me your Map of the Mississippi River, with price per hundred copies. Rear-Admiral Charles H. Davis, commanding the Mississippi squadron, is authorized to purchase as many as are required for use of that squadron.

GIDEON WELLES, Secretary of the Navy.

SKATING.

CLARK'S PATENT, MERIDEN, CONN.,

For security, lightness, and promptness of application to any foot, without impeding the circulation, is not surpassed by any skate ever yet devised.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. IX.]

NOVEMBER, 1862.

[No. 11.]

SWEET FORBEARANCE

ONE day, of a past century, at high noon, in Summer, a young man laid by the wayside, in a state of beastly intoxication. The hot sun shone full on his face, and seemed to be burning it to a blister. One and another came and looked, and passed along in silent pity, or cold indifference. At length, a young lady hastily spread her handkerchief over his face, as a partial protection, and was soon lost in the crowd.

When the castaway awoke, partially sobered, he discovered the handkerchief, and on it, the name of one whom he had known in his better days, but who, since he had abandoned himself to his appetites, had refused to acknowledge him as a friend, or even to recognize him as an acquaintance.

The young man read, in this unpretentious act of a young lady whom he had highly esteemed (and with a reciprocity) in his better days, a lesson of sympathy, of reproof, of a quiet exhibition of a forgiving nature, with a willingness to do what she might to bring him back to his former self, and he resolved, then and there, that he would never "drink another drop" again. And by the grace of God, and a manly determination, he never did! His reform was radical; his attentions were renewed, and after a season sufficiently long to certify to the earnestness of his purpose, the young lady married WILLIAM WIRT, who subsequently became one of the purest, and best, and brightest men of a past generation.

Many a young woman is there, who, in the loftiness of her own

virtue, and in the stately pride of an untried heart, would have passed such an erring brother by in indifference, contempt, or in deeper disgust, and thus have left him to become lost to himself, to his country, and to the world.

Vice we may rightly abhor ; drunkenness we may, and ought to despise ; but the vicious and the drunken need our sympathies, and strongly claim our countenance—we should even go out of our way, in our efforts to lift them on their feet again, to hold them up, and help them forward, as long as they are willing to try and take a step themselves in the right direction.

Many are there who would have passed by, doing nothing then, only afterwards to busy themselves in thoughtless, if not in malicious rehearsals of what they had seen, forgetting the deep reprobation of conduct so inexcusable.

Let it be remembered, that a true humanity consists in sympathy for the erring—a sympathy not theoretical and superficial, but practical and real ; a sympathy which spends itself in words of kindness, and in acts of love and help. Let us remember, that it is not for man, the creature worm, to sit as judge and executioner of his brother man. Let justice and judgment be in the hands of the Great Father of all. The province of the creature is to live in the constant practice of the warm benevolences of a better and a higher nature ; for it is by these, and these mainly, that we are to throw around this world a chain of love, and raise it up to God ! This is Christ-like—this is divine.

SPARE THE BIRDS.

MANY a fond association hovers around the familiar name of Robin Redbreast ; he is the loved harbinger of the coming Spring-time. In early March, while the snow still lingers in the fields, on stake, or fence, or bending twig, he perches himself, and utters his well-loved notes. Brigand with the dog and gun ! touch not a feather ; harm him not a bit. By all the memories of departed childhood, be his protector and his friend !

It seems a savage law, at first sight, that in England, a man should be sent to prison for killing a bird ; but it is as much an act of vandalism, as to pluck a beautiful flower in a garden not one's own. The sweet notes of a single bird, in the course of a season, may soothe a hundred hearts ; in another hundred, may wake up strong yearnings for the innocence of childhood ; and in a hundred

more, may arouse to cheerful activities hearts almost crushed by bitter disappointments and by wasting cares ; while not one of any hundred will fail of a pleasant feeling at the first sound of its voice. Is not he a vandal, then, who kills a robin, and without any single compensation for the act, shuts off a thousand pleasurable emotions from the hearts of his toiling brother man ? But, let us appeal from sentiment to cents.

Forty years ago, it was customary to have a shooting-match on May election day ; and on one of these, so many birds were killed, that a farmer purchased them by the cart-load to manure his fields ; and the scarcity of birds, that season, was a subject of general remark. A few weeks later, the grass withered, and blackened, and died.

If the gizzard of a robin is examined, daily, for two months of early Spring, there will not be found a single particle of vegetable food ; but it will be found full of a fleshy material. In every gizzard will be found from one to two hundred insects ; these, multiplied by sixty days for every robin, and that product again by the vast multitudes of that sweet bird, which swarm in innumerable thousands from New Hampshire to the Carolinas, the actual destruction of insect life becomes amazing ; and when it is calculated that each insect, in common with its class, if permitted to live, is the parent of thousands more for another season, the actual amount of riddance performed by the robin alone, for any one year, is more than an army of men could accomplish with the aid of millions of money.

Men who have worked in the surface earth much, have sometimes, with one stroke of the spade or hoe, loosened myriads of whitish, sluggish, winged insects. These insects, while under ground, feed on the roots of grasses and berries, withdrawing from them all their substance, leaving the plant to die.

It is upon these under-ground insects and larvæ that the robin feeds in early Spring, when they begin to wake up to life. His instincts and his activities give him their joint aid in ferreting out these hordes of destroyers, and he feeds upon them heartily.

Who shall deny that the first love of blood is planted in the bosom of a truant school-boy, in his first forage against the beautiful and innocent warblers of the wood, to ripen, as manhood comes on, into an unfeeling temper, and a savage, murderous conduct ? No doubt, the bootless and remorseless destruction of a bird has ended in the pitiless murder of a man. Fishing and hunting are no educators of the affections ; but they do feed some of the worst traits of our nature, and cannot but tend to callous the heart.

SICKNESS AND DEATH.

STATISTICS seem to show that in an ordinary community there are twenty-eight persons sick where one dies, and that at the very least one half of this sickness is easily preventible. The number of persons dying out of one thousand of all ages and sexes in one year, is called the "Death-Rate;" this varies according to locality, customs, etc. In the most notorious districts in England it is thirty-six persons out of a thousand. In New-York city, in 1859, the reported death-rate was thirty-three in a thousand. The death-rate of all England is twenty-two; of the United States, twenty-four. But if a thousand men are taken—as the greatest mortality is among children—the death-rate is greatly reduced. The death-rate of the "Household Cavalry" is a little over eleven per thousand; of the "Foot Guards" twenty. Why this great difference of nearly one half? The cavalry are out of doors all the time; the guards are in-doors, sitting, sleeping, lounging, smoking, and breathe a vitiated atmosphere—showing that sitting still out of doors in the coldest winter weather, as is the official duty of the cavalry, for hours together, is not as destructive of health and life as sitting around in well-warmed barracks, breathing a contaminated atmosphere. The lowest death-rate, ascertained with any certainty, in the world, is in the isolated Islands of Faroe, where only fifteen persons out of a thousand die in a year. Therefore whatever number over fifteen die out of a thousand in any one year, is that much greater mortality than there ought to be. According to the admirable and able report of Daniel E. Delavan, Esq., City Inspector of New-York, there were 22,117 deaths during 1861, in a population of say 850,000, or 26 as the death-rate, being eleven per thousand more than it ought to be; hence there were 9350 unnecessary deaths in New-York city during 1861. Surely every family should read and practice the precepts of a journal like this, the chief object of which has been from the first, to show how to avoid sickness.

BRAVERY.

EVERY man thinks himself brave until the battle. We have long been under the impression that we feared nothing and nobody, in spite of some dreamy intimations now and then. It is generally supposed, that, as a man acts in his dreams, he would act under the same circumstances if awake. By this rule, we are neither one thing nor the other, but rather, if anything, the other, as to bravery. We have frequently dreamed of battles, and invariably there was a contest within, and a question—a dilemma with three horns, and all sharp. We wanted to run away, but was afraid of the disgrace; we wanted to fight, for the credit of being considered brave, but were afraid of the bullet; and we wanted to be *statu quo*, and thus be on the safe side both ways! Once we were fairly driven "to the scratch," most sorely against our will, and, at the very first crack, we "hollered," and waked up, but wasn't hurt! But, not to put too fine a point upon it, nor too long, we find that, as circumstances

change, we have changed with them. When the circulation of another journal barely reached hundreds a month, we wrote exactly as we thought; didn't care a straw for anybody, and took great delight in pleasing ourselves, being the principal patron of our pet. But, now that we print thousands monthly, we find ourselves backing down from our high ground, and instinctively shrink from writing a line, or even word, that would unpleasantly affect this, that, or the other "exchange;" this, that, or the other minister; this, that, or the other sect; this, that, or the other party; this, that, or the other trade, calling, or profession. We had so much rather give any one a pleasant feeling than an unpleasant one, that we are very often amazed, in looking over our exchanges—masculine, feminine, and neuter, regular, irregular, and defective—to see them pitching into each other, tooth and toe-nail, with savage sarcasm, with merciless malignity, with brutal recklessness, or cowardly innuendo. When we look at these saliences as coming from men of all creeds, confessions, and callings, and contemplate our own smoothness and milk-and-water-ness, we feel for a moment as if we were a mess of dish-water, and forthwith write a tremendous (in our own estimation) article against this doctrine, and that "pathy," and the other heresy of law, Gospel, or physic. And when the last word is written, with the fever of excitement at the boiling point, we feel ready to sit for a portrait of double-refined complacency. But when we have taken a romp with the children; or, with a little one on either knee before the flaming grate, sing with them,

"Jerusalem, my happy home,"

"There is a happy land;"

or, when we have taken dinner, or a walk into the sunshine, or played a tune on the jews-harp, and then take up the article to review at an imaginary distance of years ahead, or of a dying hour, we tear it up, and exclaim, "What's the use?" when love, and not battle, is the law of the moral universe, the weapon of Omnipotence: so that we shall endeavor to avoid writing anything for these pages in the darkness of night, in the depression of fatigue, in the dullness of a hearty meal. If we don't feel in the humor of writing, we shall wait until we do, or engage in some bustling occupation, and raise a commotion or a storm of some kind, to clear and purify the mental atmosphere. Authors, writers, editors, ministers, practice kindness to all, for it oftener converts than a kick; it oftener mends than breaks; oftener raises up than casts down; oftener elevates than degrades; oftener helps than hurts; oftener cheers than

discourages; oftener wins than wounds; and, many a time, would have encouraged to saving exertions a struggling, disheartened, and despairing brother, when a harsh word, a cold look, a heartless tone, has felled him to the earth, and he has perished in his helplessness. All of woman born, be kind!

THE CHURCH AND THE WORLD.

THERE never was a time when Christianity flourished more, spread faster, extended farther, than when the line of demarkation between the church and the world was most clear and distinct; than when to be a Christian was to be despised, persecuted, killed. In those days, men were not ashamed of their religion; for, if they were religious at all, their piety was of so sterling a stamp, that it was unconcealable; it shone like the sun, it was seen in every act, it was heard in every word, it was felt in every presence; there was that about a man, which, without a word or act, said, "He is a Christian." On the other hand, in proportion as the great line is indistinct; in proportion as there is an amalgamation between the church and the world, a commingling of views and policies and practices; in proportion as the spirit of accommodation prevails; in such proportion, is piety weak, watery, empty. As observant men grow old, they who are not specially under the influence of religious principle, their motto is, more and more, "policy." For this, they suppress personal independence, suppress opinion, suppress conscience. It is the same with communities and nations. Thus, an unchristianized civilization is pretence without reality, is form, is ceremony, is a grand sham; words are used to conceal ideas, and Talleyrandism is the order of the day.

The price of liberty is eternal vigilance, and by no other means can a sound practical Christianity prevail in any family or community or nation. Hence, it behooves the best friends of religion to exercise a ceaseless vigilance against the commingling of sentiments and practices, as between the church and the world.

In a heroic independence, the church is found largely wanting, in the present age; and, by an assumption of the principle, that they who are in Rome must do as Rome does, there is no distinction, in a general way, between the dress of the church and that of the world. Our wives and daughters do not "adorn themselves in modest apparel," but "with embroidered hair and gold and pearls and costly array;" they greedily catch up the extravagances of hol-

low courts abroad; and the question as to dress, is not whether it is appropriate, but, "Is it fashionable? Does it prevail in foreign courts?" And, up to this time, there is no absurdity or indecency of dress practiced at the Court of the Tuileries, that is not forthwith adopted here; and the habiliments at the altar of devotion are the same as those worn in the *salons* of royalty. This subject is antiquated and threadbare, and is dismissed with the single suggestion, that the true and old nobility of England is distinguished by its plain and convenient and useful attire, leaving it to the servants of the household to glory in extremest fashion. The children of the great King would do well to take a lesson therefrom, and, at least, let the medium of fashion be their guide.

Truthfulness is a defect among Christians. The most expressive adjectives, the fullest expletives, the strongest forms of speech, are brought into constant requisition, in the most trivial affairs of life. A little dust, an inconvenient wind, a slight shower, makes the weather "horrid." The muttering of distant thunder, is "awful;" and "outrageous," and "disgusting," and "too contemptible for anything," leap to the lips of our daughters, with the facility of the most endearing expressions. "I am pleased to meet with you," is too tame a phrase in case of an ordinary introduction; "I am extremely happy to make your acquaintance," is the uniform utterance. Half the letters begin and end with a mechanical lie, instead of a conscientious gauge of phrase. If all are treated thus alike, where is the encouragement to virtue? where is the wholesome frowning on vice? The true rule should be, meet the humble, working Christian, whether in rags or ermine, with the cordiality and equality of a brother; but meet the *roué*, the gambler, the defrauder, the Sabbath-breaker, and the outlaw, in whatever direction that outlawry may exhibit itself, with a dignified distance, yet warmed with compassion. In shorter phrase, make virtue feel that it is encouraged, and vice that it is frowned upon. Let justice and truth be exhibited in every act of life.

Gambling is steadily and stealthily, under false guises, creeping into the church. "Let us do evil that good may come," is a maxim as false as it is mischievous. A past generation had no difficulty in instituting lotteries for purposes of benevolence. Scattering attempts to do the same now meet with a general and stern rebuke. Still, it is not an unknown thing, at this present writing; although every State in the Union, which has any self-respect, has banished the lottery from the statute-book, taking in reality the lead of the church.

That is essentially a gambling transaction of the baldest kind, where there is a possible benefit, on a given occurrence, bearing no adequate proportion to what is hazarded, and which is not dependent on one's own efforts; that is, where a man has no power, honestly, to bring about that given occurrence.

All gift transactions come within this rule. So does the purchase of a slice of cake, at a church fair, for a penny, when some one is to get a slice which has within it a gold ring, or other valuable commodity.

"Life Insurance," more properly, in a moral sense, called "Life Assurance," in England, is of this form of gambling. One church has a kind of an official organization of this sort for the benefit of its ministers. These establishments pay large salaries, and large dividends, showing that they are largely profitable, and just in that proportion the benefit is all on one side. The commandment of the Church is, "Leave thy fatherless children; I will preserve them alive; and let thy widows trust in Me." It is as applicable now as it was in Jeremiah's day, and has not lost its meaning. If a man works diligently and does right, in the fear of God, as large a share of worldly prosperity will be allowed to him and his, as is considered by the Almighty to be safe and good; and any invocation of mere chance, which will act as an interference with this order of things, or which will be in the nature of a counteracting agency, is not allowable.

Any profit derived from a common life insurance institution is, in a measure, practically, the price of blood, for death only brings advantage. And more, the dividends and premiums are paid mainly from the hard earnings of the poor and the unfortunate, as it is chiefly the poor who seek the benefits of these establishments, mechanics, clergymen, and salaried persons, who have pretty much given up the idea of being rich, or even comfortably forehanded. It is they who barely make a living, who are the chief patrons of life insurance; persons who pay the premiums with effort, and, sometimes, with painful self-denials, with harassing turn rounds, and, occasionally, with ruinous sacrifices; for, if the premiums are not paid at a certain hour, there is the forfeiture of all that has been paid for years, for a lifetime; and it is from those whom such a forfeiture fails to stimulate to payment, that these companies derive a large share of their profits. A worthy clergyman, or a poor mechanic, has been paying his premiums punctually for years, but sickness, or accident, or financial pressure, which none could foresee or prevent, make it an almost impossible thing to meet the premium—the very

sickness, perhaps, which is to remove him from the world! Can any one measure the desperation of effort under such circumstances, to secure the needed amount? The very apprehension of inability to do so, may be enough, sometimes, to press a man into the grave, who, but for that, might have risen above his disease. All insurance companies of this kind, of lengthened experience, know that large profits arise from lapsed policies, policies forfeited by some legal quibble, by forgetfulness, by absolute inability to continue the premium.

No intelligent man will deny these statements, hence the proof will not be entered into.

These views are modified where there is a just reciprocity of interest, as in the case of those organizations founded on the "Mutual" plan. As to the justness or morality of insurances on personal and real estate, nothing is here said; that must take care of itself. The question under discussion now is, as to simple life assurance, whether a Christian man is not amalgamating with the worldling in patronizing these institutions? Otherwise, where is there any distinctive trust in God? In what regard does the churchman and the worldling differ? Surely, in this thing there is an abnegation of the express command, "Come out from among them, and be ye separate." This is clear. It is imperative. It comes with a "Thus saith the Lord."

A truer policy, against which there can be no great objection, is, to take the same amount of premium which would be paid to a company, and put it out on bond and mortgage with a wise care; then the loss of it becomes, to a great extent, an impossibility; equal in safety, perhaps, is an investment in the funds of the general government, and, next to that, in savings' banks. By thus investing, and taking up the interest quarterly or semi-annually, a man's family will, if he begin at twenty-five, or on the day of his marriage, have, at the age of fifty years, about double the amount that he would have had, had he invested in a life insurance, and died at that age, and have it, too, with a certainty. No contingencies to harass his last hours, as to the solvency of the company, as to quibbling evasions, as in a recent case, where a life insurance company repudiated the payment of a policy paid faithfully and regularly by a woman, for years and years in succession, on the ground that it was nothing but a bet, and that the law did not enforce such claims; and yet the directorship of that company had among it the honored names of some of our merchant princes.

If it be urged, that men would not faithfully pay up and rein-

vest, on the plan of a loan, the reply is, the fault is not in the principle, but in the man. Because, it avails more with some to sign a temperance pledge, than would a verbal promise or simple resolution, that does not detract from the superior merit of abstaining, from stern, unaided principle, rather than from a formal or mechanical compulsion. It is the motive of the abstinence which gives it high character. He is the grandest man, who acts from principle alone. He is pitiful, who does right from compulsion.

FRANCE IN AMERICA.

"SILENCE à l'orgie"—freely Anglicized, "Shut your mouth,"—was the famous cry of a Frenchman, against a certain class of outlawed *littérateurs*, "for their revelry in obscenities, and their clamoring after personalities;" and types of these we find in our own country, both in the secular and the religious press, and to an extent which ought to arrest the attention of all conservative men. The apostrophe of the beautiful and gifted Madam Roland, as she bared her neck to the guillotine, finds an echo in Christian America: "O, Liberty! how many crimes are perpetrated in thy name!" Even in America, the liberty of the press is daily becoming more and more a license and a nuisance. Even among good men, useful men, honored men, there is an impatience of opposition, in mere difference of opinion, which is astounding. A man can scarcely utter his sentiments on any debatable subject, but, in three cases out of four, he will be assailed with epithets, with personalities, with an impugnement of motives, which leaves us in doubt whether the assailants are from the gutter or from bedlam. Instead of a quiet, calm, dignified, and confident marching-up argument, there is the primary befooling, the contemptible quibble, the silly jest, the malignant sarcasm, and then the mean personalities, with a persistent effort, all through, to be tremendously severe.

In any newspaper controversy, civil or religious, nine men out of ten will not fail to show, within three passes, that their origin was the mud-puddle, not three generations a-gone, not two, often direct. As for the man who can meet weapons like these with calm indifference, with silent contempt, and will steadily throw in his fire without noise, or trickery, or roundabouts—where is he, among a million?

Americans brag a great deal about their bravery. Brave people never brag. True courage is always quiet. Bluster and bravado

are the native elements of the born poltroon. True courage wants nothing more than a clear field and a fair fight. There are few editors who have not witnessed, with an amusing contempt, the willingness of correspondents to say hard things in the dark, standing behind them, as cowardly Indians shoot from behind trees. There is as much degradation in aiming epithets and accusations at known personages from behind an anonyme, as there is in shooting through a window at night. Some of our great men can do these things; having been allowed to do so, no doubt, that, by the contemplation of what mean things they can do sometimes, they may never be puffed up, in their own estimation. In illustration, a fact of very recent occurrence may be given, which fully sets forth the truth of what has been said. One of the most eminent theologians of the age, and said to be as amiable as he is eminent, closes a nameless article, directed against a proposition made by another, his equal in many things, his superior in more, and who had been charged with the motive of desiring to have the agency in question,—it “is a task which none but an idiot or an angel would dare to undertake.” To make such a shot at a man, known and good and honored everywhere, from the darkness, is a degradation to any one, whatever may be his greatness or his goodness.

“That is a diversion; let us go on with the argument,” said Henderson, the Scotchman, after coolly wiping the water from his face, which his opponent, in his rage of inevitable defeat, had thrown from his glass. And quite as self-debased must the theologian have felt, as did Henderson’s antagonist, when a reply came with all the dignity of a scholar, the forbearance of a Christian, and the high-bred courtesy of a gentleman born.

If, then, a Frenchman can feel outraged at the indecencies and degrading personalities of the press in his own country, it is high time that, in view of similar things here, we should take up the refrain, “*Silence à l’orgie.*”

THE SAME ALL THE TIME.

“CHOOSE your friends of such as are the same all the time,” was a sententious pulpit utterance, during the great awakening. What a regiment of monosyllables! and yet conveying a meaning which it would require a whole book to express. A real good old Anglo-Saxon phrase, is it. The sentiment was uttered in reference to the propriety, and greater safety of the newly-made members of

the Church, taking as their patterns and companions, not the men who had so suddenly become zealous—so much so, as to seem to be carrying all before them; but rather the old stagers, who did not seem so very fervent; who were neither very fast, nor very slow; neither running at any time, nor stopping at any time; were rather going at a steady pace, from one year's end to another's; who were all the time the same humble, steady, earnest, reliable workers in the Church; never a flash, never an icicle.

Young man! there is good counsel in this for you, in life's beginning. It is the steady labor which accomplishes the most work. The impulsive are uncertain. Without steadiness of purpose, few succeed in life. There are fast men, who, for a season, distance everybody, only to die prematurely, or in poverty, and that not always an honorable one. In the early morning, all vigorous and fresh, the pig shot away from the tortoise, and soon left it out of sight; but, long before the close of the day, was passed, lying exhausted—and the turtle waddled along to victory, apparently as ready for a new race as it was in the morning. In business, then, as well as in religion, for your exemplars, your associates, and your friends, choose men who, in a high sense, "are the same all the time."

THE GREAT BATTLE

BETWEEN a true liberty and despotism; between good and evil; between light and darkness; between truth and error; between holiness and sin, is in progress: not as yet at its height, perhaps, for there are omens of troublous times ahead, and the weapons of that warfare should be well understood by every soldier whose ambition is to earn a name and a crown. The weapons are two: truth and love. They are to be burnished, brightened, and sharpened, by the proper cultivation of the head and heart; by the exercise of thought and feeling: thought to cleave, feeling to melt. Thought forges ideas; feeling goes out in acts. Thought is power; feeling is power. Both throw out great truths; and those who can best express those great truths in words—words which shall strike home those truths upon the heart and intellect, leaving an impress there, deep, clear, distinct, abiding—these are the noble men who are forging weapons for that war, to be used, if not by themselves, yet will be by some equally noble brother who comes after, to fill the vacated place in the ranks.

THE MORNING-PRAYER.

THE humble and consistent looking upward for the gratification of our desires, the satisfaction of our wants, and that aid which comes from above to enable us to perform properly all the duties of life, is a religious obligation. But Providence has so arranged matters, that the performance of our duties may bring great benefits along with it. Many of the "observances" which Moses imposed upon the Israelites tended directly to the promotion of human health, of physical well-being. Moldy, spotted houses, damp and disease-engendering, were to be pulled down, and their materials scattered or burned; frequent personal ablutions were insisted on, thereby promoting individual healthfulness; while the use of rank meats, and other articles of food, unsuited to that climate, was most specifically prohibited. The disuse of all flesh for a month or more in the spring of the year, in some religious denominations, is the dictate of a sound physiology, and is not only promotive of health, but is antagonistic of disease; and if it were wisely carried out for "forty days" every spring, would demonstrably prevent many an attack of sickness, and would extend many a valuable life. Numerous spring diseases are directly traceable to the undisputed physiological fact that, as the warm weather approaches, we need one third less food, and sickness is inevitable when as much is eaten in warm weather as in cold. A judiciously observed "fast" is as promotive of physical as of spiritual health. There is wisdom and piety in the early morning-prayers of some churches; and there is health in them too! A multitude of moral, social, and physical good effects would follow, if in all large towns and cities fifteen minutes were spent in singing and prayer in every house of worship, at some convenient early hour. Ten verses might be read, three or four stanzas of some familiar hymn sung, and a short, pertinent prayer offered by the clergyman, some of his officers, or other active Christian men, to commence at the moment and end with the fifteen minutes by the stroke of a bell. The merchant, on his way down to his store; the lawyer, to his office; the workman, to his shop; the banker, to his desk—all could easily arrange to stop in and carry on with them a sanctifying influence to impregnate all the after-business transactions of the day. The son or daughter, on their way to school, could accompany their father; and a walk, on such a mission, to the mother or grown daughter and son, soon after breakfast, how it would break up the "second naps" of the morning, and that lazy, late lounging in bed, which saps the health and vitiates the habits of so many of the young of cities! Such a plan would waken up early activities by presenting an object for the same; would infuse a new life into our morning existence, and give many an hour of out-door exercise to our wives and daughters, for want of which many of them prematurely pine away and die. Such meetings would create a neighborly feeling among the members of many congregations; would promote unity and love and coöperation in building up the interests of the Church; would bring the members nearer together, and would be a bond of social and Christian union of incalculable value, besides the hygienic advantages already stated.

The ready plea of want of time is not valid. There is not a man in New-York who could not save fifteen minutes from any day's work and give it to the morning prayer-meeting. As for our wives and grown daughters, many of them are literally dying off in-doors, for want of an adequate inducement to dress and go out in the open air, pleasantly, for an hour or two a day. Such an expenditure of time daily, systematically, would add years to the life of some, and save others from weary weeks and months of worse than idleness on beds of avoidable sickness, because they not only lose their own time, but require that of others to attend them, besides deranging the movements of the whole household.

FIREPLACES.

MULTITUDES in large cities look back with fond regret to the gladsome days of childhood, when the blazing wood-fire on the hearth was but one of a multitude of other comforts and of other joys, departed now, never to return—except the fire on the hearth! even the use of the old-fashioned open fireplace, with its fitful flickerings and its dancing shadows on the wall, to say nothing of its cheeriness, the pure air, and the delightfully soft and genial warmth which pervades the whole apartment. The writer has burned common hard or anthracite coal, flat on the hearth, in an old-fashioned, broad, deep fireplace, for three winters, consuming less than four tons of coal each, the fire burning from five A.M. to ten P.M. for nearly seven months. The extra heat warms a large chamber above sufficient to dress and undress for retiring in the very coldest weather. It also affords warmth enough to an adjoining room for the children practicing their music-lessons, and for ordinary social gatherings; this, too, when the furnace has not been fired-up once in two years, with an exemption from colds and loss of time at school (connected with colds) most gratifying to think of. When the halls are not warmed by furnace-heat, there are several very important advantages derived. The children especially get into a habit of briskness and activity in passing through them, largely promotive of a vigorous and active circulation of the blood, and of good-humor. This very activity of bodily motion, which cold weather excites, instinctively seems to communicate its influences to the animal spirits and to the mental operations; all in striking contrast with that lazy, elephantine, drawling mode of locomotion and speech, which settle down upon the inmates of a habitually summer-heated house.

In furnace-heated city houses the foul air of the cellar, and the hot and noisome fumes of the kitchen, fill the halls and chambers above; and in the latter they are breathed during the live-long night, to the inevitable enfeeblement of the constitution, and the ultimate destruction of the health. The most ignorant know that sudden changes of air are hurtful, even perilous, in proportion to their intensity and frequency; inducing those pneumonias, inflammation of the lungs, or lung-fevers, which have been so frequently and speedily fatal in multitudes of cases; and even when recovered from, are attended with a painful and tedious convalescence, extending sometimes to years, and not seldom crippling the health for the remainder of life. Furnaces are commonly arranged to keep up a heat of near seventy degrees Fahrenheit.

On the first day each of last December, January, February, and March, our thermometer, at six in the morning, stood at 36, 32, 28, 28, respectively, making an average difference of 40 degrees between the out and in-door temperature. But one fourth that difference, from 20 down to 10, above zero, is piercingly felt in winter, hence a sudden change, so great as 40 degrees, must greatly imperil the health and even life of the old, of the feeble, and of young children; but these dangers must be greatly lessened in passing from a sitting-room of 70, through a hall of 50, into the out-door air of 30, as would be the case where open fireplaces are used, instead of furnaces. A piece of soft coal or light wood, six inches square, laid on a bed of coals, in a low-down grate, will give the beautiful and cheery flickering of the old-fashioned fire-place; and then there are all the advantage of the open fire, as to constant ventilation and genial warmth. See book on "SLEEP," by Dr. W. W. Hall, New-York. The "low-down grate" is patented by Andrews & Dixon, of Philadelphia.

KEEPING APPLES.

THE apple is the most valuable of all the fruits of the earth, in consequence of its lusciousness, its preservability, the variety of uses to which it can be applied, and its productiveness. Mr. E. Lake, of Topsfield, Massachusetts, in 1861 obtained, from one acre of ground, two hundred barrels of Baldwin Russet apples, besides a ton and a half of squashes and a hundred cabbages; one weighing twenty-seven pounds. It has been stated that a single tree has yielded in one season forty bushels of apples. A hundred and fifty good-sized apples make a bushel. Two baked apples are an abundant desert for dinner; two each for breakfast and supper, with a single cup of tea or coffee, and as much bread and butter as is wanted, is as much as children and sedentary persons ought to have. Apples come in August and keep good until May, nine months, two hundred and seventy days, fifteen hundred apples, or ten bushels, or four barrels; easily had in the country for one dollar each. Thus four dollars' worth of apples will furnish one person, three parts of the year, with a "relish" for breakfast and supper, and "dessert" for dinner, of which he will no more "get tired" than of bread, and it will be cheaper and incomparably more healthful than pies, preserves, sweetmeats, doughnuts, cookies, dumplings, puddings, and the other long list of stomach-destroying and dyspepsia-engendering articles.

PRESERVING APPLES.—Pick out the perfect ones, pack them away, surrounding each apple with dry, ground plaster of Paris. Thus: begin with an inch of plaster, then a layer of apples an inch from the side, and half an inch apart; sift in the plaster until covered nearly an inch, and so on until the receptacle is full. This fertilizing plaster costs from three to ten dollars a ton, and is as good in the spring for such purpose as if it had not been used. Pippins will keep until June in any cool, dry room in the house.

Apples, spread on a board-floor, and covered with five or six layers of newspapers, or a sheet, or clean straw, will keep until spring, and even on a common dry cellar-floor. Apples will keep many months if, free from any bruise or speck, they are wrapped each in soft paper and laid on a shelf cool and dry. In cities and towns, apples, as commonly bought in barrels, will keep pretty well until spring in a dry cellar; but they should be carefully picked over, and the unspecked ones laid down softly every two weeks. Even laid on shelves, two layers deep, and covered with newspapers or straw, picking out the specked ones for use, every few days, very few will be lost. Very good apples can be bought in New-York, during the latter part of October, for one dollar and a half a barrel; and if cared for and used as above, and in addition given out to school-children for luncheon, instead of nuts, sweet-cakes, candy, cross-buns, doughnuts, and the like, sickness would be prevented, and money saved to an amount which would surprise any one who never "tried it." Those who live in the country will save themselves a great deal of trouble, and admirably succeed in keeping apples in perfect order until June, if they would take the precaution to pick each apple from the tree and lay it in a basket; then lay them on the floor of a cool, dry room for a few days to dry, and then pack them away in some one of the plans above suggested. It ought to be known that a baked sweet apple is the most digestible food that can be swallowed; they are digested in about an hour and a half, bread requiring two hours longer. Let invalids remember this.

CONSUMPTION.

For just twenty years, there has not been an hour in which I have not had under medical treatment a variety of persons in all the stages of consumptive disease, from the first insidious onset to its last hopeless conditions. With such opportunities, the following observations have been made; nearly all of them but corroborations of eminent medical men in the Old World, as well as the New.

Common Consumption is a gradual and painless destruction of the substance of the lungs, running its course in about two years, when it commences its inroads after twenty-five.

The greatest number who die of Consumption are under twenty-five; the seeds having been planted while in their teens; the effect, mainly, of damp feet, avoidable exposure, inordinate and irregular eating, vicious youthful habits, and bodily irregularities.

Hereditary origin accounts for only about one fourth of the deaths from Consumption, and while it is a disease of all climes and countries, it is comparatively rare in high northern latitudes, and in very elevated localities any where. The city of Mexico, over seven thousand feet above the level of the sea, in latitude nineteen, with a population of about two hundred thousand, gives only three consumptives out of each hundred deaths; while New-York and Boston and London give seven times that number. The seeds of Consumption are called "tubercles," because they look like little tubers or bulbs; each one is a little bunch or "push" on the sides of the air-bladders which make up the lungs; and as none of these are larger than a pea, the tubercles themselves are of necessity much smaller, averaging perhaps the size of a pin-head.

Almost all grown hogs have a kind of hard, tubercular lump in the liver, from one to multitudes, without apparently affecting the health of the animal. So anatomists tell us, that of any hundred dead persons over forty, ninety will show a greater or less number of tubercles in the lungs, although they may have been stricken down in an instant, as in battle, from apparent perfect health. Hence most grown persons have more or less of tubercles; hence, also, a man may have tubercles all his life, and die of old age; therefore it is demonstrable, that tubercles may exist without actual Consumption being present—that is, they are harmless in their quiescent state; as harmless as powder until fire is applied. Tubercles can at any time within three months be excited to a consumptive condition, by one of two causes, and by no other: first, a succession of bad colds; second, by any long debilitated condition of the body, however that debility may have been caused, whether by sickness, grief, over-work of body or brain, or by any depressing influences of long continuance.

A bad cold never can create tubercles, nor can it cause Consumption by any possibility, unless tubercles previously exist. Yet when they do exist, bad colds are the most frequent excitors of Consumption. All the exciting causes under the second head do produce or create tubercles. Hence, the most certain means of avoiding Consumption is, to maintain all the time a high state of general health; and this is almost infallibly done, by living a regular, temperate, active, out-door life. Those who are most out of doors are least liable to Consumption.

The infallible and ever-present signs of Consumption are, a continuation for months of a pulse always beating upward of ninety times in a minute, (seventy being the healthful standard,) thinning of flesh, loss of strength, and an increasing shortness of breath in walking a little fast, up even very slight ascents; there may or may *not* be cough, but nearly always there is a cough on rising or retiring, or both, when more advanced.

An average man, in perfect health of lungs, can blow out at one effort two hundred and fifty cubic inches of air; such a man can not die of common Consumption in a year. This rate gradually diminishes as the decline advances; at one hundred and fifty the case is always and utterly hopeless. The spirometer measures this with infallible and mathematical accuracy. With a pulse of seventy, and a full measurement, the presence of Consumption is an infinite impossibility, however bad the cough or the spitting of blood. The cure of Consumption, when curable—and there are many such cases, is accomplished by an active out-door life, by some sudden and great change of occupation, by the spontaneous appearance of some ulcer or breaking-out on the skin; or by the supervention of some other disease, as asthma, which wards it off and indefinitely postpones it. No medicine or drug, or any thing to be swallowed or inhaled, has ever yet been found which can possibly have any direct, radical, efficient agency in permanently, even arresting the progress of Consumption. Many such have been proposed with great confidence, while all have, one by one, gone out of notice, which could not have been the case had they been efficient. The only means are to secure a vigorous digestion, and to bring back the full breathing of the lungs, both of which are possible

THE SOLDIER'S ALL.

It was a cheerless autumn day; the rain was falling in torrents; every thing was saturated with water; and as my wife passed among the sick and wounded and dying and dead soldiers, she bent over the wretched pallet of one, and asked him if he needed any thing. "Nothing, Madam, I thank you."

"Do you want any thing to read—any books, or papers, or magazines?"

Reaching his poor, sunburnt, scrawny hand from under the bed-clothing, he laid it on a book, and directing her attention to it, said: "This is all the reading I want."

It was a well-worn Bible. Happy man! A stranger, far from home, sick, in rags, apparently "not far" from the grave, he had no wants which his Bible could not supply. There were dark clouds in the sky above; his Bible was sunshine to him.

He knew nobody; nobody knew him; he was literally "a pilgrim and a stranger;" but he had an acquaintance in his Bible, and as he read it, his eyes fell upon old familiar names, which carried his mind back to the village-church, to the "family worship" of his childhood, and he read of David and of Jonathan, of Moses and of Elias, of Peter and of Paul, but most of all, of Jesus of Nazareth, the Friend of sinners and the Saviour of man.

Weak and wan as he was, he asked for no wine to sustain him, no delicacies, prepared by tender hands, to nourish him into life again; for he had "meat to eat" which those around him "knew not of." He read in his Bible morning, noon, and night; and he found out that as often as he read it, he felt nourished and comforted. It was a dish of which he never became tired; for although apparently the same, he found something new in it every day; some sweetness that he had not tasted before. No wonder, then, that he found every want supplied in the soiled book which he carefully kept always in reach.

Some soldiers, in tents and under other forms of shelter, were writing letters, turning over the leaves of magazines, or reading newspapers; but this soldier's Bible supplied all the reading he wanted. In it he found "things both new and old;" he found them reliable; to-day brought no contradiction of what he read yesterday. The messages which he received were telegraphed from heaven, and he had heard the "Operator" there say over and over again, as to his messages: "If it were not so, I would have told you." Happy soldier! Blessed book! Doubtless he would feel a full accord with him who wrote:

"This little book I'd rather own
Than all the gold and gems
That e'er in monarch's coffers shone,
Or all their diadems.
Yes! were the seas one chrysolite,
The earth one golden ball,
And diamonds too the stars of night,
This book were worth them all."

Reader, you will be sick one day; it may be a long sickness; you may be far from home, far from friends, far from medical aid. Let me tell you there is a "balm" in the Bible; a medication, a cordial, of a nature so searching, of a power so all-pervading, that there is "no sorrow which it can not heal," no suffering which it can not soothe, no pain which it can not mitigate. It helped the soldier to live above his sufferings; it will help you to do the same. It met all his wants; it will meet yours. There was a fullness in it to him; that fullness it will be to you, and in an hour, too, when no human drug can avail, when the most skillful physician in the land is powerless to ease a single agony, and when the most that the best friends on earth can do for you, is to gaze at your suffering in sorrowing helplessness. Make the Bible then your companion, your counselor; keep it always in easy and convenient reach, as the soldier did; and learn like him to be satisfied in its fullness, and like him, to find in it a safe Guide, a Friend in need, and an able Physician.

CHILDREN'S EATING.

This is a subject of literally vital interest to every family in the land; more especially in large towns and cities, where the want of facilities and inducements to out-door activities makes it absolutely indispensable to adopt some system in reference to the times, quantities, and qualities of the food to be taken by children; for the want of attention to which things multitudes die early, while other multitudes, not as large however—for half of all that are born die before the age of eighteen years, in consequence mainly of inattention to the habits and health—become dyspeptic, scrofulous, or consumptive before the age of twenty-five, many of whom are destined to a life of weariness, of painful toil, and of wasting efforts for a living through sickness, and disease, and chronic sufferings.

On entering the fifth year, or sixth at farthest, a child can be very easily habituated to eat at three regular times a day, at intervals of five or six hours, with nothing whatever between, except, at a little past mid-way, a single good ripe apple, or a piece of cold, dry, coarse bread may be allowed to the less vigorous. Frequent eatings, at two or three hours' interval, especially in connection with being in the house most of the time, initiates many children into a life-long dyspepsia, simply because the stomach, being kept at work all the time, has no rest, loses its tone and strength, like an over-worked servant or animal, and wears out prematurely.

A second consideration is quantity. If children are taught to eat slowly, in loving good-nature—as will be the case if they are let alone by their parents, and not put in an ill-humor by incessant reprimands and innumerable rules and regulations about a hundred and one contemptible trifles—they may generally be allowed, for breakfast and dinner, to eat as long and as much as they want, only if all the hard food is cut up carefully with a sharp knife into pieces not larger than a pea. This should be conscientiously and always attended to by one of the parents, for it can not be safely intrusted to one hiring out of a million; parental affection only will do it as it ought to be done.

At supper, children should always be controlled; let observation determine how much a child will eat and leave something over, and then allow thereafter certainly not over two thirds of that amount.

And now as to that most important of all items—quality of food for growing children. The instinct for sweetness is inappassable; without it, any child, however healthy, will soon die, and, fortunately, the two things which children most love every where, and of which they never would get tired, and will always relish when hungry, are milk and bread, and these furnish as much sugar as any child needs. But no child can ever grow up healthy and handsome without good teeth, and as the permanent ones begin to be made from the fourth year, their food should contain in great abundance those elements which are needed for sound, durable teeth. The bony part of the tooth contains seventy-one per cent of lime, the enamel ninety-four per cent. Out of one hundred parts of the finest, whitest flour, only six per cent is lime; of one hundred parts of flour made of the whole grain, there is twenty-five per cent of lime, or four times as much; and no other general article of food contains any thing like as much lime as common brown bread. Therefore, it is a reasonable conclusion that if children were to live largely on flour made of the whole product of the grain, in the shape of well-made and well-baked brown bread, very much would be done toward securing them durable and beautiful teeth. When children are from home, let them live as others; when at home their bread should be uniformly made of the whole product of the grain ground, from their third to their fifteenth year, to be eaten with half a pint of milk for breakfast and supper, adding some berries from June until September, and one or two baked apples the remainder of the year, adding a teaspoon or two of sugar. Such a supper or breakfast will always "taste good" to them. Such a bill of fare, with two or three variations a week, and allowing them to eat what they want for dinner, will pretty surely, other things being equal, give good health, good teeth, a good constitution, and a good old age.

THAT BEST DAY.

"WHAT are you going to do now?" said a gentleman to his friend on Broadway, who had recently failed in business. "I believe I will go home and get acquainted with my family," was the reply.

There is a man in this city known on both continents. He assured a friend one day that for nearly seven years he had not seen any of his family out of bed, except on Sundays. He ate breakfast at sunrise, hurried down-town, took dinner at Delmonico's, and returned late at night to find all in bed. So wholly was he engrossed in business, so absorbed in money-making, that all family ties, all its affections, all its loves, were of secondary importance. His "chief end" was to get rich! He succeeded; but at a cost of heart-warmth, of the luscious loves of infancy and childhood, which made it a dear bargain. But what became of his sworn duty to his wife all this time—the great duty of sympathy in the burdens of housekeeping and child-training, duties which no man can permit to remain in abeyance without committing a crime against his family, against society, and against the great Father of all, who has intrusted the proper training of children to parental care? What was the result of these great derelictions? This man failed; lost every dollar of his fortune; strove again for wealth, succeeded, and again failed. For the third time he failed, and at this writing is not worth a dime.

Both these cases show that the pursuit of wealth in large cities becomes an infatuation, a frenzy, which bears down the victim of unhallowed greed so resistlessly, that he becomes unconscious of the highest obligations of humanity; his moral sense grows so obtunded that he sees nothing, feels nothing, hears nothing but what pertains to the getting of money. Is it right? will reason approve of it? will humanity approve of it? will an outraged conscience approve of it in the terrible hour of the last conflict with death? This ignoring of all obligations, human and divine, in the crazed pursuit of riches, does not largely obtain, except in the great cities of the world, where human ambitions are stimulated by rivalries to the intensest pitch. Still the onward rush for wealth is like the dashing of an infuriated steed down a steep declivity—every moment and every step but increase the momentum; and the human tide would be numbered by millions in every grade of life, in the country as well as in the town, did not infinite benevolence "put down the breaks" at short intervals by the blessed institution of the Sabbath day, which a poor laborer, with beautiful truthfulness, once called "that best day," because it was all his own; because on other days he was expected to work for his employer from early dawn until the darkness, when he was too tired himself and his children were too sleepy for the interchange of affectionate caresses. But when the Sabbath came it was a day of resting, and in contemplation of the privilege of being with his family through the whole of it, either around the fireside, at the family table, or at the village-church, he felt it was "that best day" of all the seven. It is physiologically the "best day," because it is a necessary rest for both brain and body; necessary for man, necessary for beast, hence Divinity has ordered, "In it thou shalt not do any work; thou, nor thy son, nor thy daughter, nor thy manservant, nor thy maid-servant, nor thy cattle," and the man who, in the light of the Bible, persistently and systematically violates this command, lovingly intended for his best good, physical and moral, may reasonably expect the Almighty's signal punishment, either in the failure of his earthly ambitions, the premature failure of the vital powers, or that greater failure still, the blasting of the mind.

COAL-FIRES.

WASHINGTON, when contemplating leaving home early of a winter's morning, would have every thing minutely arranged over-night, so that he might kindle his own fire, and thus avoid waking up the servants before daylight and depriving them of that necessary rest which was their due. Not long ago, a charity student in the — Theological Seminary, of this city, on being enjoined to retire early and rise betimes, in order to save his eyes and health from the injurious effects of artificial light and late hours, complained that it was impracticable, because the colored man did not make the fires until seven o'clock, and that he himself did not know how to make a coal-fire. It would be too much to expect that such a youth will ever be more than a drone in the pulpit, or any where else than under an overseer on a well-conducted plantation. The writer's habit is to rise before day in fire-time of year, so as to be ready for study at the earliest moment of sufficient daylight; and for two other reasons: to allow the servants to get all the sleep they need, and to avoid that unwholesome impatience and annoyance which are sure to follow the oversleeping or unskillfulness of hirelings, for to begin a day in irritation spoils the head for study and the heart for happiness for hours if not for the entire day. To aid the servants, then, to perform a daily duty easily and well, to prevent those early irritabilities which are so apt to discompose whole families, and thus antagonize those mental serenities so essential to domestic comfort, to bodily health, and mental composure, it will be advantageous both to body and mind for every reader to become an adept in kindling a coal-fire. First, know that hard coal will not "get on fire" until it is thoroughly heated through and through; second, a small piece of coal does not require as much to heat it up as a larger piece, hence, the less wood you have to kindle with, the more necessary is it that the pieces of coal which are touching the wood should be small. As wood is more expensive than coal, economy suggests the use of as little wood as practicable. The coal, then, for kindling should not only be as small as a pigeon's egg, called "chestnut-coal" by the dealers, but to economize the wood, the pieces should not be over four inches long, so that they can be laid compactly, then the heat will be more concentrated on a given point of coal, and thus the sooner heat it through and through to the degree requisite for actual ignition. If the wood is thus placed and is covered with one layer of "chestnut" coal, it will redden with great rapidity and certainty; as soon as this is the case, cover over the reddened coal with another layer or two, and in a minute or two put on the larger size. By putting a handful of shavings or paper in a grate compactly, then some splinters of dry wood, not larger than the little finger, and outside of that a layer of pieces an inch or more thick and three or four long, then apply a match to the paper, and while it is "catching," put on the small coal as above, there will not be a failure during the winter, nor a fit of passion, nor a growl in the whole household, at least for want of a good and timely fire. To lessen a coal-fire, press it from the top, so as to make the mass more compact, giving less room for air; to revive it, lay on small pieces tenderly, put on the blower, and when red, add larger pieces and riddle out from below. Heaping on more coal or letting out the ashes below, will certainly put out a low coal-fire.

THE DEAF HEAR.

SOME become deaf in very early life, in consequence of an unfavorable recovery from scarlet fever, measles, mumps, and other ailments, such as cold in the ears, or by the violent straining of vomiting. Others grow deaf as a consequence of increasing age. In all these the deafness grows with advancing years. A great multitude of remedies have been tried for the removal or mitigation of this calamity; but with the exception of such cases as are the result of "hardened wax," the writer has never known any material benefit to have been derived in a single instance, either by medicines or external appliances. The successful cases were the result of moist bland applications, of which glycerine is the best, from the quality which it possesses of remaining moist longer than any other known substance. Let fall two or three drops in the ailing ear, then introduce a bit of lint or cotton saturated with it. If by repeating this operation night and morning, for some weeks, there is no relief, it may be considered a remediless infirmity. But the increase of the deafness will be considerably retarded, by using all possible means to keep up the general health, by regular bodily habits, by personal cleanliness, by a temperate life, and by arranging to spend several hours of each day in the open air, in some enlivening and agreeable manner.

Artificial aids have sometimes been called into requisition; such as ear-trumpets and auricles, which never fail to deepen the deafness, and that rapidly. It is therefore wisest and best for one who hears with difficulty,

1. To apply glycerine, night and morning, for months.
2. Maintain a high state of general health.
3. Steadily resist all artificial aids for the ordinary occasions of life.
4. Never allow any thing stronger than sweet-oil, tepid water, or glycerine to be applied to the ear.
5. Never permit the introduction of a probe or stick, or any thing else into the ear, for any purpose whatever.

In one case art is admissible—that is, in religious worship; and this being only once or twice a week, the hearing will not be appreciably impaired in the course of several years.

The writer knows a lady who has not heard a sermon for several years, although a regular attendant. She now hears with the utmost ease. This has been accomplished by a peculiar arrangement of that part of the pulpit on which the Bible is laid, and a distribution of pipes under the floor and through the pew-seat. The sound of the speaker's voice can be transmitted with perfect distinctness to various parts of the house, without appreciably affecting the volume of sound—that is, an apparatus arranged for one person, enables him to hear with perfect clearness; if extended to a dozen others, the first one hears as well as if there was but a single attachment. To Christian men and women whose hearing is defective, and who are thereby cut off from one of the greatest privileges of life, this device is of inestimable value; for as we grow old, and the ties which bind us to the world become almost daily fewer and more fragile, we instinctively draw closer to Him who has appointed religious worship as a means of communicating to us his will. Those communications become sweeter, more nourishing, and more necessary every day to the ripe and aged Christian; they are the greatest solace in life. Thus it is he feels with King David, "a day in thy courts is better than a thousand" any where else. Single attachments are made for fifty dollars, and at much less cost when there are two or more in one church, by application to D. D. Stelle & Co., 85 Leonard St., New-York City, who have not failed in a single case, thus far, to give entire satisfaction, by their PHONOPHORUS or *Sound Conductor*.

HALL'S JOURNAL OF HEALTH.

THE TIMES.—If in this exigency, Omnipotence were to say, "What is thy request?" I should be afraid to utter more than seven monosyllables :

"Thy will be done, make mine thine."

I want no more victories ; that implies death to many. I do not want peace, unless it removes the cause of the war, else similar wars would inevitably follow. My greatest solace is, "God reigns," and "shall not the Judge of all the earth do right?" If I had my way, human slavery should cease on the instant, but I am not certain that it would be wisest and best, hence I leave the question to the decision of Almighty power, and wisdom, and beneficence, desiring that I may be led to agree thereto. I am not ashamed to have been born and bred in the South. Grandeur models of true manhood and womanhood are not found elsewhere on earth. They look to God in prayer with as much sincerity as the North. They are mistaken. They have been misled. Our universal prayer should be for them, as our brothers, that God would show them their error. I know that the North is right in the great object of the war, for Omnipotence has shown his approval by favoring the North in the two most important means under his sole control. Such a succession of fruitful seasons has *never* occurred before. Such an exemption from yellow fever and other Southern epidemics, even when Northern troops had to remain South, has not been recorded in our history. Therefore God is with the North. Where he had to work with human agencies, he could only show his favor indirectly ; rather by overruling ; consequently we have had reverses, but these have been overruled to great good ends. Had Sumter never have fallen, the North would never have been united together as one man. Had we afterwards marched steadily on to victory, Congress would not have passed the confiscation act ; and but for the Chickahominy and subsequent misventures, the President would not have felt compelled to issue the emancipation proclamation ; and there is reason to fear that victory after victory now, would procure a most unfortunate modification of that document. The raid upon the Border States would appear discouraging ; but it will do more than any thing else to cause the people to stand by the government, even if the cherished institution should have to be heaved overboard. And here let me suggest to all praying people, that the agency which they should invoke should be the going out from the Almighty of a spiritual influence over the whole South, and North also, to bring order out of confusion, as when chaos reigned. It is as easy for Omnipotence to change the mind of the South as to give victory to Northern arms ; then why not all join in the earnest, hourly prayer, that the Lord would give our Southern brethren a better mind ; that he would change their views of things, and help them to see that there is no better government on earth than ours, and that there is no wiser policy than that which relieves us of slavery. It is a great solicitude to me, lest the Faith of Southern Christians should fail, when they see that they can not succeed, but must come back under the laws of the Union, the laws which they helped to make. I hope when these truths do break in upon them, they will still feel like Job, "Though he slay me, yet will I trust in him," and that they may in such faith live long enough to see that God's ways are best ; and that like Job, they may in the end have in material wealth, even "twice as much as they had before." Such I believe will be the condition of the whole United States within five years after slavery has ceased utterly.

HALL'S JOURNAL OF HEALTH.

Vol. IX.]

DECEMBER, 1862.

[No. 12.

• GEOLOGY AND GENESIS.

A GREAT and an injurious mistake is made by some Bible expositors, in endeavoring to reconcile Bible statements with the claims of science. Very few scientific truths are demonstrable, out of the line of mathematics. Many things appear to be true—seem to be reasonable; but the attempt to square a Bible assertion with a seeming fact, with a “reasonable” assumption, is a folly and a sin. If any fact, or truth, or proposition, is an absolute demonstration, founded on no bare assumption, and such fact, or truth, or proposition, is in direct and incontrovertible opposition to a Bible statement, then it may be time to “inquire into it;” but sooner than that, is not wise.

There is no fact in Geology more universally admitted, than that an uncounted multitude of years were required for arranging the present order of things, as to the surface of the earth; that ages must have been necessary to form its various layers or strata; and since the Bible speaks of “days,” as to the time consumed, the conclusion is being very generally adopted, that the “day” of the first chapter of Genesis meant an indefinite duration of time. Hugh Miller, the Napoleon of modern geology, as to its mere physical observed facts, favors this interpretation, which derives an influence from his name, altogether beyond its merits; because one of his earliest fancies was that of a fanatic, or lunarian, in reference to some vision or “apparition.” His last act was that of a madman; while, between the two, there were indications of mental weakness, which were nothing short of foolish fancies. Such a man’s testimony, such a man’s opinions, such a man’s theories, should be received only with great deliberation, with considerable hesitation, when they bear on religious truth; and are absolutely worth nothing beyond the corroboration which whole facts afford.

The dogmatism of the dolt will not be fallen into here. It is preferred to leave the subject open, only recording a caveat against committing the interpretation, as to the meaning of any portion of the Bible, to any man, even though it be in connection with a subject of which he was a perfect master.

The power which commanded, "Let there be light, and light was," is adequate to the making of this world, and a million more like it, in six days. That Power is above law, and can suspend law by the fiat of his mouth; and by the same, can make it. All physical law is nothing more or less than the will of God. If he chose to make this world in a week, or minute, or second, by any agency, that agency is law enough.

We will not commit ourselves by saying that the first chapter of Genesis means this, that, or the other; nor will we aver that it does not or cannot mean anything that may be affirmed; we only want that it shall not be committed, by common consent, to any human interpretation, simply because we cannot tell what developments of natural truth are to be made in the course of events.

One principle of interpretation, which ought never to be lost sight of, is simply this: any word or sign, any letter or hieroglyphic in a document, ought to have the same meaning attached to it throughout. If a day of work means an indefinite duration, so does a day of rest; and to rest indefinitely, whether for Maker or man, is an absurdity. For man to work an indefinite time, is a physical impossibility. If a day of work means twenty-four hours, so does a day of rest. If a day of work means a million of years, so does a day of rest. Hence, we prefer to accept the interpretation which the record makes of itself, that a day consisted of an evening, running back to the morning which preceded it, and including both morning and evening in that "day one," which is the Hebrew form of expression.

The "beginning" of the first verse may have been ages before the commencement of the description; and this earth may have existed for ages more, as a wild waste of waters, in shapelessness and darkness. These propositions are neither affirmed nor denied; our great idea is non-committal; but that, after the second verse, there is anything inconsistent with a literal interpretation of the record, we cannot see.

Geologists are firm in their conviction, that there was a duration of ages before even the lowest forms of vegetation existed; that then, in the lapse of other vast cycles of time, creeping things and reptiles came; and next, animals; and, last of all, man. Geology shows, beyond a peradventure, that such was the order of their coming; and this glorious first chapter of Genesis, the oldest and grandest written record on the globe, says the same thing. But when Geology asserts, that it must have required countless ages to have brought about these changes and progressions, it is merely an

assumption. The Bible says "a day;" Geology says that day was one of years, centuries, cycles. How long that day was, the Bible does not say; Geology speaks for it, defines it. But Geology wasn't there, hence can know nothing about it. And a geological "must," which calls in question a Bible statement, which requires the modification of a Bible record, is an impudent presumption.

If, then, the unlearned Christian has to meet the pretentious lore, and the "great swelling words" of infidel geologists, as to the meaning of the Bible account of creation, it is sufficient to answer, "The Sacred Volume says nothing as to the age of the earth before light, and dry land, and sea, and vegetation, and insect, and animal, and man, came. But when they did come, it says they came in a 'day'—that that day included an evening and a morning; whether it was a day of twenty-four hours, or of twenty-four years, or millions of years, it does not say; it was not necessary for it to have been said. Here I leave it. If you assert that the 'day' meant long cycles of time, prove it by witnesses on the spot; and when you have done so, you will have shown nothing contrary to the Bible record."

HIDDEN TREASURES.

"I HAVE meat to eat that ye know not of," was the declaration of the Blessed Redeemer to his wondering disciples. There was a double meaning in this case—the chief was, that he had sources of happiness of which they were ignorant; those divine contemplations, as to the objects and results of his mission, which at the time they could not appreciate, any more than at this day can irreligious men conceive of the joys which belong to the children of the kingdom; the joys of contemplating sin forgiven, of soul saved. On topics like these, a Christian may muse and feed by the hour; and, like Moses in the mount, may come out from that communion with face and soul all bright with a radiance divine.

But these are not the "Hidden Treasures" of the heading. It is intended to speak of treasures worth more than gold to their possessors, they being ignorant of them, while others are enviously aware of their existence.

"I wish I were a Christian; they are the happiest people in the world. I would give all I am worth to be one." Such was the frank declaration of one of the "men of the time," a "representative" man, in a casual conversation on the street, within a few days.

He was a scholar, a genius, a man of renown ; and yet few men are more profane, scoff more, vituperate more, when speaking or writing in reference to the men and ministers of our holy religion. He explained himself to mean, that religious people were happy in believing, without a doubt, as to the truth of religion ; in regarding the Bible as the book of God, with that implicit confidence which questions nothing ; and in their patient looking beyond to "the rest prepared for the" faithful.

To be able to read the Bible, and receive every assertion as of divine origin ; to have no misgiving as to the truth of a single word ; and even when an incomprehensible declaration is made, to be able to pass on to others more plain, with the calm and quiet feeling that it admits of a perfectly clear and satisfactory explanation ; that, as to every declaration of grace, as well as act of Providence,

" God is his own interpreter,
And He will make it plain ;
Tho' unbelief is sure to err,
And scan His work in vain "—

to have such a faith abide in the heart from infancy to age, through all the trials and the toils of time, who shall say that it is not "a well of water, springing up unto everlasting life?"

There are some—few, we hope—who, in taking up the Bible, seem to be on the look-out for objections. Instead of reading it with the ready acquiescence in its statements, which they yield, without an effort, to a newspaper, magazine, or new book, only halting at declarations which challenge incredulity, or which are strikingly contrary to personal conviction or experience, they proceed as if they were expecting some absurdity, or some untruth, or some lurking trap or snare. They put upon the Divine declarations their own hasty and unfledged interpretations, and then exclaim, "How can that be?" Such a spirit, in reading the Bible, entitles its possessor to our sincerest commiseration and pity. The whole life long of such a man must be a cloud, whose end is to settle in the darkness of the second death !

A child-like implicitness, in receiving the statements found in the Sacred Scriptures, must be built up at the time when children, as yet, have that same kind of reliance in the truth of all that their parents say. To the good and happy child of a consistent parent, there never is a thought, a feeling, or desire, to go beyond a simple "Father said so." "Mother told me that." To kindle and cherish in a child's heart such a feeling, in reference to the Bible declara-

tions, ought to be the early effort of every parent; and to succeed in doing it, will contribute more to that child's happiness in this life, to say nothing of that which is to come, than the bequest of a fortune. But as to most parents, how many years of self-denying toil are spent in securing such a fortune! how few hours, in that training, which, as to the Bible, leads to "have faith in God!"

Let children and others be taught some first principles as to the Bible.

First. The Bible was not written to communicate scientific truths; it only makes use of them as illustrations, or as vehicles of information in reference to God; but, in doing so, it never makes a mistake, by taking for a truth, in science or history, what was not a truth.

Second. Although statements may be made which cannot be reconciled with present knowledge, or which are apparently contradictory, a close investigation will always show a beautiful harmony; or additional information will always substantiate the Bible record, or afford ground for rational and satisfactory explanation.

By searching out instances of this sort, from time to time, a growing confidence will spring up in the minds of the young, which will render good service in after life. For example:

Ezekiel, chapter twelve, declares that the king, Zedekiah, of Jerusalem, should die in Babylon—a most unlikely thing! but more, while Zedekiah was not in Babylon, and while he was not to go there—still he was to die there, and yet was not to see Babylon. The quibbler would say, How was he to get to Babylon from Jerusalem without going there? And how could he be in Babylon, and die there, and not see it? The prophet's words are these: "I will bring him to Babylon, yet shall he not see it, though he shall die there." Four years later, a few words in Second Kings, chapter twenty-five, make the whole as plain as day, and of a literal truthfulness that delights the Christian and amazes the infidel; for the king of Babylon came near to Jerusalem, and by his army took Zedekiah captive; took him by force towards Babylon; but before they reached the city, they "put out the eyes of Zedekiah, bound him with fetters of brass, and carried him into Babylon," where he ultimately died.

Volumes could be written, giving such exemplifications as this of the beautiful truthfulness and critical exactness of scripture histories; and, if properly exhibited to children from time to time, it would result in fixing in their minds such a habit of confidence in scripture statements, that, as often as "difficulties" arise, they

will be pushed aside or passed over, in the abiding feeling that all that prevents their perfect understanding, is a little better knowledge of the facts of the case; and in after hours of joy or darkness, the believer will clasp the Bible closer to his heart, day by day, until the close of life, while the same confidence in the spiritual truth would be carried over to the lessons which are of a more material nature, such as those which pertain to diligence in business, to the duty of providing suitably for one's family, and thus preventing children from falling into the vices and practices which belong to unthrift, such as idleness, dissipation, late hours, vicious associations, all of which lead to health lost early, and to constitutions prematurely broken. The reader can thus see the close connection there is between an abiding and implicit faith in the truth of the Bible and that peace of mind, that prosperity in business, and that length of days of those whose conduct is squared by Bible principles; making it emphatically true that while "the wicked shall not live out half his days," the Bible believer will go down to his "grave in a full age, like as a shock of corn cometh in his season," while all along that journey, it will be said of it, his "ways are ways of pleasantness, and all his paths are peace."

TO CORRESPONDENTS.

MANY good communications are sent for the JOURNAL. The editor writes all the articles which appear in its pages, except where his positions are illustrated by authentic facts of others well expressed; and even if it were not so, all articles would be rigidly excluded which reflect on private persons, on clergymen, on old-school physicians, or the administrators of the Government and its laws. If any body is particularly anxious to "blaze away" at either, it can be done to the greatest public good in the shape of a paid-for advertisement, in some extensively circulated newspaper, with the writer's full name, post-office address, street, and number.

SUBSCRIBERS

Will please remember that their subscriptions end with this December number, and that the JOURNAL will not be sent in any single case unless the desire is expressed in writing, accompanied with one dollar; hence, those who do not wish to continue need not be at the trouble of writing to that effect. Those who have failed to receive any number, will be supplied without charge, on application. Any back number from the first volume will be furnished for ten cents.

METHODIST PREACHERS.

A YEAR or two ago, a keen business-man lent "a broken-down Methodist preacher" nine hundred dollars, without any other security than his knowledge of human nature gave him. We need not stop here to eulogize the activity, the self-denial, and the indomitable energy of that somewhat contemned class, "Methodist Circuit riders," of an age ago, on that most unjust of all grounds, of there having been a few among thousands (fewer in proportion, by far, than in the Saviour's little company of twelve), who were unfaithful to their high trusts. But where one was unfaithful, there were scores, and hundreds, and, perhaps, thousands, who lived long, labored hard, and died working—died in their devotion—died with their armour on—died in penury, and went down to unrequited, unhonored, and forgotten graves; unrequited, unhonored, and forgotten, as to man, but remembered in Paradise by the Master, to be honored at the Judgment by the Maker of all Worlds, when conquerors and kings will be passed without a single recognition.

Not a few, after having worn themselves out in the service of the Church, after having become disabled by disease, find themselves turned into the great field of the world, to earn a living in a manner the best they may. The subject of this narrative was one of these; and, carrying with him that independence and energy and willingness to the exercise of that self-denial which he had full large opportunities of cultivating in his humble calling of "circuit rider," he determined that he would go to work in a mode nearest akin to his legitimate calling, and most likely to renovate his health, as well as to replenish his purse. He went to a friend—and those who are neither afraid nor ashamed to do any lawful thing, so that they can make a living thereby, seldom lack friends in need—and, with the frankness which unfaltering self-reliance only can give, said, "I want to borrow some money," and proceeded to build his castle, and a most aerial one it seemed to be at first glance. "I want to purchase a stock of twenty-dollar Bibles, to sell to poor people." A poor preacher borrowing money to purchase costly Bibles to sell to poor people, appeared to be rather a poor inducement for a business-man to lend money, without the inevitable "bond and mortgage." But a further development of the programme gave some plausibility to the plan. The money was loaned, and the Bibles purchased at the lowest publisher's cash rates. To make a beginning, and thus put him in funds for extending his operations, he took a fine Bible under his arm, made his way to Fulton Market, and promenaded its odoriferous aisles until he found a purchaser; he then returned to get another. In the course of a few weeks, in the fur-

therance of his original plan, he was traveling around on foot among the farmers, especially seeking out those recently married. Not one in fifty would think of giving twenty, and twenty-five, and thirty dollars for a Bible. Still, they were exhibited; they were so beautifully got up; and then again the thought would occur, "If we have anything good about the house, it ought to be the Bible;" and the mind would run back to other years, of father and mother and home, and "the dear blessed Bible that lay on the stand," ready to be opened for the morning and the evening sacrifice; and on the mind would run, following the father and mother, long since gone up higher, with the reading of the Bible as a means of re-joining them in Heaven, when life's labors were all over. But just here hard facts would come in. "We can't spare the money; there is not that much in the house." "But, perhaps, you can pay a little now, and you may lay by a dollar every week, and I will call for it." And the Bible was taken. There is no danger, thought our hero, in trusting under the circumstances. People who have a heart to purchase a family Bible, are not likely to lack the principle of honorable payment. To shorten the story, this gentleman, in less than two years, has extended his business so much, that, having recovered his health, he finds his time fully employed during the week, in the city, in keeping a good stock on hand, for his agents, who are scattered in every direction—he, a master *colporteur*, and they his *employés*, working for him. On the Sabbath he preaches as of old, and thus, in a two-fold way, is he employed in sowing the seed of the Word, supplying families with the Bible at his own cost, and with a liberal profit to himself.

With the same personal independence and self-denial and energy, who shall deny that many a minister might be restored to his legitimate calling, when, if he had lounged about Summer resorts and watering-places, or had "gone to Europe," or had "given up his charge," waiting for a return of health, he would have continued an invalid, infirmities growing upon him, to be ended only in the grave.

Reader! there are multitudes who are mere cumberers of the ground, between whom and extensive usefulness, there is nothing intervening, but the want of humility; they have not the moral heroism to be willing to do anything useful, to be anything, rather than do nothing, waiting for better things to come to them. Are you one of these?—

PROPHETS AT HOME.

THAT best and wisest of all books contains the sentiment that, "A prophet is not without honor, save in his own country, and in his own house." Home product is not valued as highly as that which comes from abroad. The *Home Journal*, always well edited, has grown greatly in its influence within a year or two, by its increased adaptability to the times, as to the substantial utility of its articles, especially in connection with the war. The issue for November 1st contains two columns closely printed, in small type, in reference to the influence which living in the country has upon the health of those who do business in town, especially when they go in and out by rail. Nearly six years ago we wrote a few pages on the subject, which happened to be among the few articles of our JOURNAL which not one of our exchanges thought it worth while to copy. But now, when mainly the same sentiments and the same reasons for them, appear in a foreign periodical, under so distinguished a name as that of Dr. Forbes Winslow, one of the most able of British medical writers, corroborated by two other eminent names, Dr. C. J. B. Williams, and Dr. Angus Smith, they are reproduced at great length, as if the subject itself and the views therein were new. We therefore reproduce our own article, first published in March, 1857, because it is more directly to the point, in fewer words, and more easily comprehended by that great mass of Americans, who must do two things at a time, (so fast are they,) who can give only that time to reading which is passed in riding from one place to another, and more, who demand that what they read should be so plain that it can be understood at a glance, without any more intellectual effort than is required to comprehend a sum in simple subtraction, such as four from two leaves six. But as the JOURNAL now circulates among outside barbarians, as in the Sandwich Islands, Canada, New-Brunswick, Nova Scotia, Prince Edward's Island, London, Paris, Constantinople, and even in the Holy City itself, it may be well enough to make a note of explanation of that little mathematical problem, by the statement of a fact, personal to ourself. When we were married, some years ago, two of us sat down to table, but there are now six of us; so "we two," and four children—the four from the two (as far as we know and believe)—make six; *quod erat demonstrandum*.

And now for our article, written six years ago, to show that, *ordinarily*, health is not promoted, but is endangered, and often lost, by living in the country and doing business in town; and that there is an actual loss of quietude of mind and bodily comfort may very readily be inferred from the fact that most of those who go to the country, soon get tired of it, and are willing, in multitudes of cases, to sell out at a loss, in order to get back to town again. It seems to us that even on the beautiful banks of the Hudson, three persons out of every four, engaged in business in the city, are very willing, even eager to "sell out."

LIVING IN THE COUNTRY

AND doing business in town, is a "dog's life," from beginning to end, as far as New York is concerned. Instead of adding to one's comfort and quiet, it diminishes both. So far from promoting health, it undermines it; while in a business point of view, it is attended with a multitude of annoyances of every variety. We have tried it under very favorable circumstances, and speak from experience. We know that many persons think that they would like nothing better than to be able to work in town and live in the country. In some few cases it may be a comfort; it is when a man can afford to go to his place of business not sooner than ten in the morning; or if he does not go at all for any day, or two or three of any week in the year, it makes no kind of difference, having persons on the spot who will do just as well. But to be the main spoke in the wheel of any establishment, whose punctual and daily presence is indispensable, it is an unmistakable bore to live out of the city limits.

The semi-citizen is in a hurry from one year's end to another. When he goes to bed at night, among his last thoughts are—and there is an anxiety about it—that he may oversleep himself, or that the cook may be behind time with his breakfast; so going to sleep with these thoughts, the instant he wakes in the morning there is a start, and the hurry begins—he opens his eyes in a hurry, to determine by the quality of the light whether he is in time. His toilet is completed with dispatch, but instead of composedly waiting for breakfast-call, his mind, even if not on his business, will be in the kitchen. Can a man converse composedly with his family, when the fear is uppermost of his being left by the train? It is impracticable. Even with the case in a thousand, where the cook is a minute-man, he can't for the life of hime at with a feeling of leisure: may be his watch is a little slow; may be the train is a little before time, and the result is, a hurried and unsatisfactory meal, to say the least of it, under the most favorable circumstances; but suppose the cook is like the multitude of her class—never before, but always behind the time—what a fretting feeling is present, mad as fire, yet afraid to say anything; soon the wife gets the contagion, and then the play begins; stand about everybody.

Living in the Country.

You are deposited in the cars for town; accidents and delays will occur; your mind is in your office, may be a customer is waiting, or you are pressed for time to meet an engagement. As soon as mid-day is past, the solicitude begins lest circumstances should prevent your departure by a specified train; this increases as the hour draws near, and when we take into account the dilatory nature of most men, it will be a marvel if some one is not late in meeting you, or making an expected payment; or a customer does not hang on your button-hole, and you don't wish to offend him. In short, there are such a multitude of causes in operation to crowd the last moments of the business day, that we do not believe that one semi-citizen in a hundred, of any day, walks to the depot from his place of business with a feeling of quiet leisure. When you get home, you are too tired and too hungry to be agreeable until you get your last meal; even then there is a calculation about getting to bed early, so as to have your full sleep by morning. We ask, where is the "quietude" of a life like this? It does not exist. Such a man is an entire stranger to composure of mind. One beautiful morning a sprightly young gentleman entered the cars just as they were moving off. We had seen him often, always in a hurry, always in a pleasant humor. He said to a friend, as he took his seat: "I've been in a hurry from morning until night for the last two years—always on the stretch, but never left. Came very near it this time." Soon afterwards it appeared that he had been industriously engaged the whole of that time, and had accomplished a great deal; for he had, in various directions, disposed of seventy thousand dollars belonging to a public institution, of which he was the custodian. If this incessant hurry, from one year's end to another, can promote quietude of mind, can conduce to one's pecuniary advantage, can foster domestic enjoyments, it is new to us. We think, rather, that it tends to fix on the mind a stereotype impression of anxious sadness, which, in the father of any family, to be seen every day, must have a decided effect in subduing that spontaneous joyousness which should pervade the countenance of every member of a happy household.

There is one little matter which we prefer to speak of before dismissing the subject, which we consider of vital importance, and is the idea which led to the penning of this article :

Hall's Journal of Health.

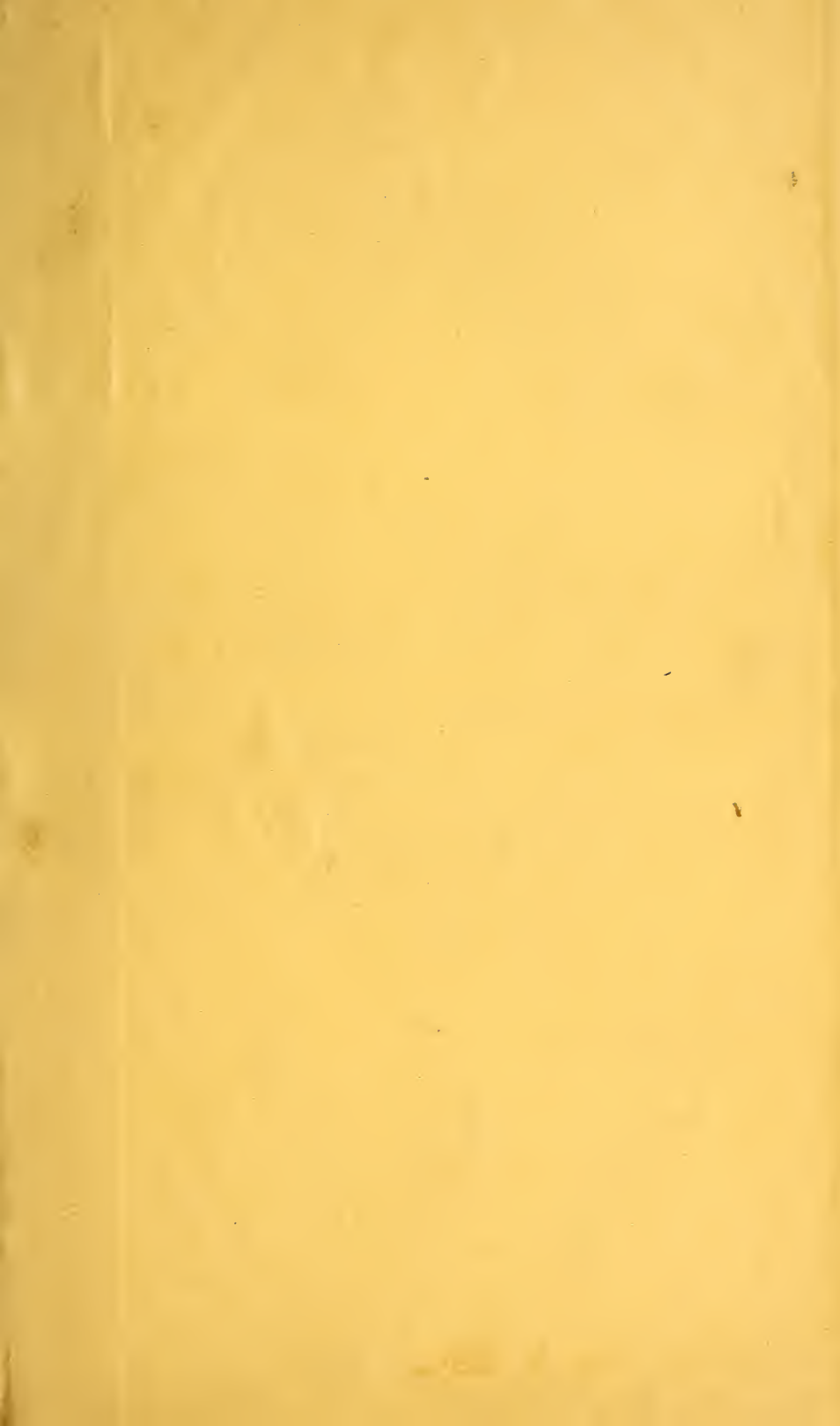
A daily action of the bowels is essential to good health under all circumstances; the want of it engenders the most painful and fatal diseases. Nature prompts this action with great regularity, most generally after breakfast. Hurry or excitement will dispel that prompting, and the result is, nature is baffled. Her regular routine is interfered with, and harm is done. This is a thing which most persons do not hesitate to postpone, and in the case of riding to town, a delay of one or two hours is involved. This never can occur with impunity, in any single instance, to any person living. This very little thing—postponing nature's daily bowel actions—failing to have them with regularity—is the cause of all cases of piles and anal fistulas, to say nothing of various other forms of disease: fever, dyspepsia, headache, and the whole family of neuralgias. A man had better lose a dinner, better sacrifice the earnings of a day, than repress the call of nature; for it will inevitably lead to constipation, the attendant and aggravator of almost every disease. To arrange this thing safely, breakfast should be had at such an early time as will allow of a full half hour's leisure between the close of the meal and the time of leaving for the cars.

NEAR-SIGHTED.

PERSONS living in cities begin to wear glasses earlier than country people, from the want of opportunities of looking at things at a distance. Those who wish to put far off the evil day of "*spectacles*," should accustom themselves to long views. The eye is always relieved, and sees better, if, after reading a while, we direct the sight to some far-distant object, even for a minute. Great travellers and hunters are seldom near-sighted. Humboldt, now in his eighty-seventh year, can read unaided. Sailors discern objects at a great distance with considerable distinctness, when a common eye sees nothing at all. One is reported to have such an acute sight, that he could tell when he was going to see an object. On one occasion, when the ship was in a sinking condition, and all were exceedingly anxious for a sight of land, he reported from the look-out that he could not exactly see the shore, but he could pretty near do it.







SMITHSONIAN INSTITUTION LIBRARIES



3 9088 01223 2021